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NEWS WORTH SHARING.

Reaching out

In Day 3, we look at how police combat trafficking and one man's preference of masseuses over relationships PAGES 10-11

Happy Easter!

Metro will not be publishing on Good Friday. We'll be back on Monday!

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Teen charged in multiple stabbings

Cornwall Centre.
Male faces three counts of aggravated assault, one of assault with weapon

SARAH TAGUIAM
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A 15-year-old boy has been charged after four people were injured at Cornwall Centre in a stabbing spree that city police are calling the most random, violent attack in recent Regina history.

The teen entered the downtown mall on Tuesday about 6 p.m. before allegedly stabbing four male victims with a knife.

"In my 33 years of policing in this city, I cannot think of another incident that would have been similar to what has occurred," Bob Morin, deputy chief of the Regina Police Service, told Metro on Wednesday.

The teen, who can't be named publicly due to the Youth Criminal Justice Act, has been charged with three counts of aggravated assault, one count of assault with a weapon and two counts of breaching an undertaking.

Morin declined to speculate on the suspect's possible motive, but said he acted alone.

"Our folks are very, very confident that it wasn't an initiation and that there's no gang affiliation at all," Morin said, amid reports that the boy wore a red bandana to the mall.

Three of the victims were sent to hospital, and two were later released. One victim was treated at the scene.

Police spokeswoman Elizabeth Popowich said as of Wednesday afternoon, one victim remained in hospital with serious yet non-life-threatening injuries.

The suspect has no known connection to any of the victims.

He appeared in court on Wednesday morning and will reportedly make another court appearance on April 29 via video.

A psychiatric assessment might be ordered for the boy.

In the meantime, Cornwall Centre general manager Doug Kozak said the mall is beefing up its security.

'BEST IN THE LEAGUE'

Saskatchewan Roughriders quarterback Darian Durant answers questions from the media during a press conference at the Hotel Saskatchewan in Regina on Wednesday. The team announced it has secured a multi-year contract with Durant. See story on page 32. MICHAEL BELL/THE CANADIAN PRESS

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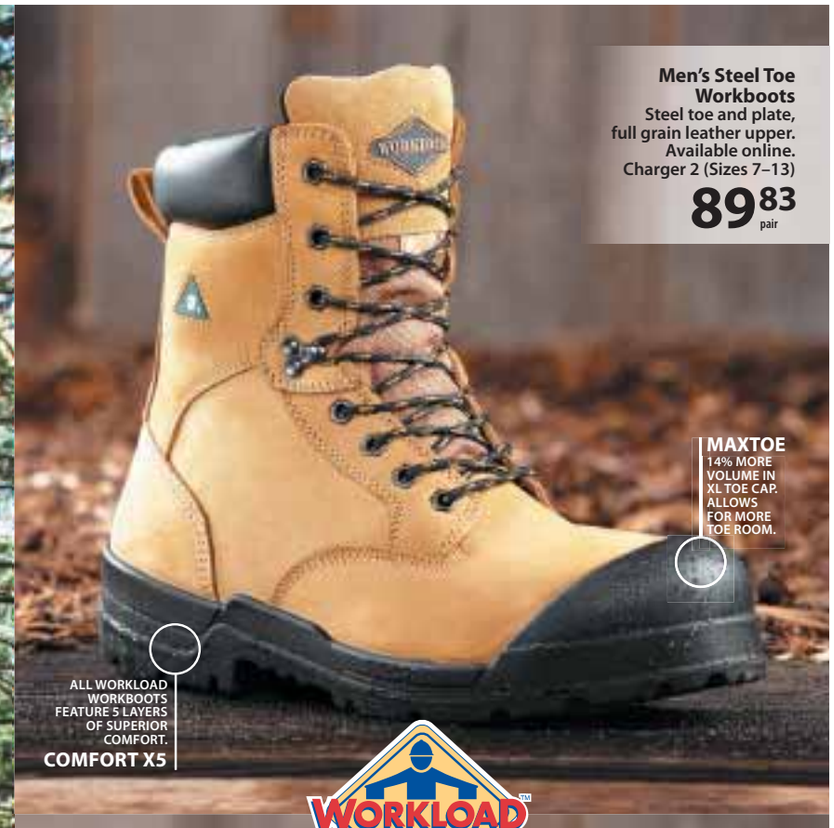

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Staple of city's home decor scene closing its doors

'Time to take it easy.' Fiorante Floors and Furniture closing after more than four decades in business

ROSS ROMANIUK
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After more than four decades of helping Reginans furnish their homes, Emil and Maria Fiorante are going to focus on their own.

The married couple, owners of Fiorante Floors and Furniture, are retiring and soon closing the business that's long been a staple of the Queen City's home decor scene.

"It's been fun all these years — hard work and fun, at the same time," Emil Fiorante, 65, told Metro at the Dewdney Avenue store on Wednesday.

"It's just time to take it easy and enjoy life a little bit more."

Starting small in 1972, Emil gradually grew the company through three successive Regina locations until moving it in 1986 to the two-level building they own on Dewdney just east of Albert Street.

With about 15 employees, Maria said the Fiorantes still take pride in "spending the extra time" with customers on special orders and giving "more than some of our competitors do" in a sector known for big-box chains.

The decision to step away, she said, hasn't been easy.

"But we got a chance to sell the building," said Maria Fiorante, 64.

"After being in business for 42 years, we thought the time is right."

The couple, whose three children have been involved in the firm at times over the years, haven't set a firm date for the closure.

A liquidation sale is planned to begin on Monday.

The Fiorantes will relax for what Maria calls "the first month or so," before perhaps building a new house.

"I've shed a few tears already and hugs with customers," she said.

"We plan to do some travelling and spend time with family and grandkids."

Emil notes that the company has seen good and hard times.

"We've stuck it out, and we're ready to retire," he said. "We're comfortable, and feel good about what we've done."

After 42 years of helping Reginans furnish their homes, Emil and Maria Fiorante are about to retire. ROSS ROMANIUK/METRO

Design of new children's hospital on pause

Health Minister Dustin Duncan says the design of the new Children's Hospital of Saskatchewan is on "pause" because it might be too small.

The design is nearly complete, but Duncan says officials now think it may not have enough beds for the province's growing population.

"Even with what we had thought ... in terms of the population growth of the province, even in that time from 2009 to today, we are seeing significant growth, but as well in a specific demographic of women who are in child-bearing years," Duncan said Wednesday.

A detailed design was unveiled with great fanfare in April 2013, after the project team spent eight months working on the layout with staff, physicians and families.

Most of the concern is around the number of beds in the maternity unit.

But the health minister insists the design won't need to be scrapped if changes are needed.

"It would be shifting a wall, bumping a wall out, which wouldn't affect 90 per cent of the plans," he said.

NDP Leader Cam Broten says nurses have been raising concerns about the size of the children's hospital.

He's questioning what the delay means for the cost and construction of the facility.

"How much more will it cost, what are the timelines involved, what can Saskatchewan people expect?" said Broten.

THE CANADIAN PRESS

Making a decision

Duncan says a final decision on how to move forward should be made in the next couple of weeks. He says one decision would be to complete the design as is and the second option would be to adds beds.

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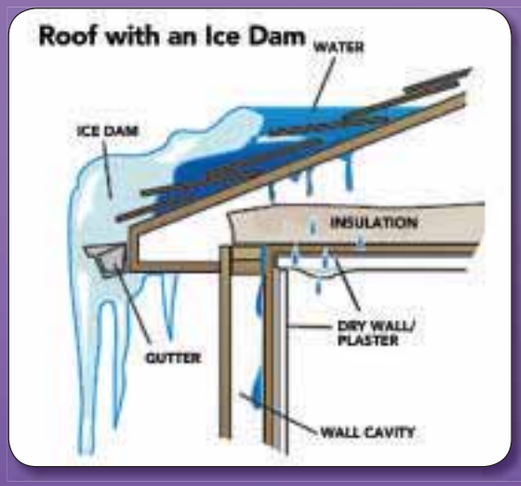

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City needs your help fending off springtime pest

Defoliation risk. Band your trees to protect against cankerworms

SARAH TAGUIAM
sarah.taguiam@metronews.ca

The City of Regina is urging residents to band their trees to protect them from cankerworms during springtime.

Cankerworms, which are common in Regina during the spring season, have been known to eat and defoliate trees, said Russell Eirich, acting manager of forestry and pest control.

Eirich is encouraging residents to band all elm, Manitoba maple and fruit trees to keep the pests at bay.

"Female cankerworms want to lay eggs above the tree's crown. The bands become a physical barrier and they trap her so she can't do her egg-laying up top," Eirich explained.

"It helps when everyone in the community chips in," Eirich said.

"It's very hard for trees to lose their first sets of leaves."

Banded trees along College Avenue on Wednesday. SARAH TAGUIAM/METRO

Scott Collegiate

Bear-spray attack

Two 20-year-old men were arrested on Wednesday after a staff member at a Regina high school was attacked with bear spray.

The suspects entered Scott Collegiate around noon and went to the school's office looking for a specific staff member, city police said.

The suspects, who are not students at the school, then left the office and came into contact with two other staff members. One man made derogatory statements toward one of the employees before allegedly discharging bear spray.

The suspects ran from the school, and were caught by police officers who intervened from the North Central Community Centre. Charges are pending.

SARAH TAGUIAM/METRO

New report

Tough year for province's Crown corporations

A new report says Saskatchewan's Crown corporations had substantially higher net earnings last year.

The Crowns reported net earnings of $566 million in 2013, up $128 million from 2012.

But the results are not as rosy as they appear, and include $156 million in net proceeds from the sale of shares in the Information Services Corporation.

Donna Harpauer, minister of Crown Investments Corporation, says 2013 was actually a challenging year. She says earnings were down at SaskPower, SaskTel, SaskEnergy and SGI.

Harpauer says Crown debt rose by $915 million.

THE CANADIAN PRESS

Closures

Easter weekend service changes

Regina's city hall has announced modified schedules for transit, sports centres and other services over the Easter long weekend.

All civic offices will be closed on Good Friday and Easter Monday.

Regina Transit, on the other hand, will run its Sunday routes on Friday while Paratransit services will operate under a holiday schedule on Friday and resume regular hours from Saturday to Monday.

Garbage and recycling will be picked up as usual, though the landfill will be closed on Friday. The landfill will be open from 7 a.m. to 7 p.m. from Saturday to Monday. All neighbourhood centres will be closed from Friday until Monday.

SARAH TAGUIAM/METRO

Political players of all stripes gather to bid Flaherty farewell

State funeral. Harper opens the proceedings with personal tribute to late finance minister

Christine Elliott is escorted by her son Galen as they follow the casket bearing their husband and father, Jim Flaherty, following his state funeral in Toronto on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

A gallery of political luminaries from all sides of the partisan divide gathered at a cavernous Toronto cathedral Wednesday to set aside their differences and pay final respects to former finance minister Jim Flaherty.

Mourners donned green scarves, a tribute to Flaherty's Irish heritage, inside St. James Cathedral as they celebrated the diminutive, combative politician, who died of a heart attack last week at the age of 64.

Prime Minister Stephen Harper began the proceedings with a personal tribute to his longtime political confidante.

Directly addressing Flaherty's wife, Christine Elliott, and the couple's triplet sons, Harper said, "We have lost a partner in politics, but you have lost a partner in life."

Harper kept his composure throughout most of what turned out to be a cheerful, lighthearted look back on the time he and Flaherty shared together in power on Parliament Hill.

"Occasionally, I imposed a final decision," Harper said of their periodic cabinet-table disputes.

"Occasionally I decided he was probably right. And occasionally, I decided he was wrong, but let him have his way because I just got so damn tired of arguing with him."

But as Harper's eulogy ended, he had to compose himself as he described the day he accepted Flaherty's resignation.

"I told Jim that he had truly been over these eight years, in my judgment, the best finance minister in the world, if not indeed the best in our history," Harper said.

"I also wished him well in his next career … and I told him not to be a stranger."

Liberal Leader Justin Trudeau, NDP Leader Tom Mulcair and former prime ministers Brian Mulroney, Kim Campbell and John Turner were among those on hand for the funeral, alongside federal cabinet ministers including John Baird, Peter MacKay and Chris Alexander.

Flaherty's state funeral is the first such honour since 2011, when former NDP leader Jack Layton was laid to rest.

THE CANADIAN PRESS

Quoted

"What a sad time this is in the life of our country."

Prime Minister Stephen Harper

Calgary still in shock day after horrific murders

Women cry and hug beside a makeshift memorial near the scene of the multiple fatal stabbings in Calgary on Wednesday. LARRY MACDOUGAL/THE CANADIAN PRESS

Ernie Hagel has had plenty of experience with death during his 43 years as a funeral director, but he's struggling to deal with the loss of one of his promising young employees.

Jordan Segura was one of five young people stabbed to death at a house party in Calgary early Tuesday morning. He had worked for McGinnis and Holloway Funeral Homes in the city over the last year.

"Our staff are devastated," Hagel said Wednesday. "We've tried to deal with this, but when it hits home it hits hard. If it doesn't, it's time to get out of the funeral business."

Segura was attacked along with Zackariah Rathwell, Josh Hunter, Lawrence Hong and Kaiti Perras. All were in their 20s. All were at a party marking the end of classes at the University of Calgary.

Matthew de Grood, 22, has been charged with five counts of first-degree murder, and has been transferred to a Calgary psychiatric facility. Lawyer Allan Fay said a justice of the peace ordered his client to receive a psychiatric assessment. Fay said he has spoken to his client, and de Grood was doing as well as could be expected.

"He was lucid, at least he seemed lucid to me. He seemed to understand what was going on to the best of someone's abilities," Fay said. "It's going to be a very difficult case indeed."

The Calgary home where the attack took place was surrounded with police tape Wednesday and the street remained closed. Flowers were piled under a tree in a makeshift memorial. There were also hand-scrawled notes and a candle paying tribute to the dead.

One read, "Heaven has five new angels."

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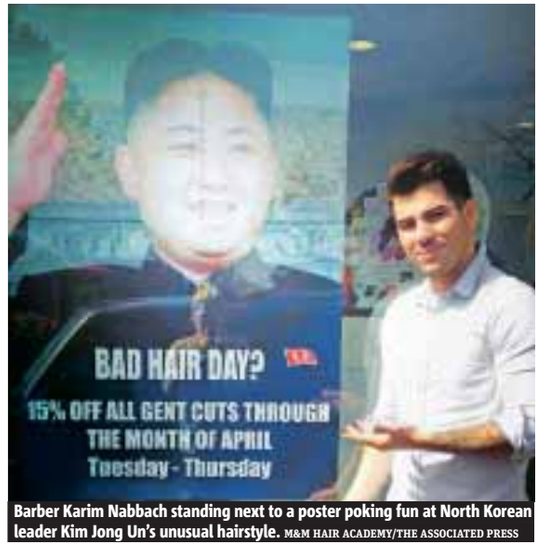
N. Korea bristles at London salon

'Bad hair day?' Poster ignites diplomatic row



Barber Karim Nabbach standing next to a poster poking fun at North Korean leader Kim Jong Un's unusual hairstyle. M&M HAIR ACADEMY/THE ASSOCIATED PRESS

North Korea has made a diplomatic appeal to the British government to get a London salon out of its hair.

The country's diplomats have complained to the Foreign Office about a hairdressing salon that put up a poster poking fun at distinctively coiffed North Korean leader Kim Jong Un.

Staff at M&M Hair Academy say they were visited by diplomats from the embassy after putting up a poster last week featuring a picture of Kim — who sports a distinctive short-back-and-sides 'do — and the slogan "Bad Hair Day?"

He said staff refused the diplomats' request to remove the poster and had reported the incident to police.

Police said they had spoken to both parties and determined no crime had been committed.

The North Korean embassy didn't immediately respond to a request for comment.

THE ASSOCIATED PRESS

Sequim, Wash.

Kidnapping faked

A minivan with two masked men pulled up to a Washington park and one man jumped out, grabbed a toddler and took off. He was the boy's father. He later returned and explained he was creating a video for social media on child abduction prevention and awareness.

"It scared the crap out of our kids," Tiffany Barnett said.

Police arrived while filmmakers apologized to irate witnesses. They are investigating possible charges. THE ASSOCIATED PRESS

Lincoln, Neb.

The Claw takes child

Bowling alley employees found a toddler playing with toys inside a claw crane machine. The three-year-old boy was released unharmed and reunited with his mother.

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Scan the photo below with your Metro News app to see a photo gallery of the rescue efforts in the South Korea ferry sinking.

South Korean ferry disaster

Near Jindo. Over 280 were missing; many had been trapped inside the boat as water rushed in; the tilt kept them from reaching exits

A ferry carrying 462 people, mostly high school students on an overnight trip to a tourist island, sank off South Korea's southern coast on Wednesday, leaving more than 280 people missing despite a frantic, hours-long rescue by dozens of ships and helicopters. At least four people were confirmed dead and 55 injured.

The high number of people unaccounted for — likely trapped in the ship or floating in the ocean — raised fears that the death toll could rise drastically, making it one of South Korea's biggest ferry disasters since 1993, when 292 people died.

One student, Lim Hyung-min, told broadcaster YTN after being rescued that he and other students jumped into the ocean wearing life jackets and then swam to a nearby rescue boat.

"As the ferry was shaking and tilting, we all tripped and bumped into each another," Lim said, adding that some people were bleeding. Once he jumped, the ocean "was so cold.... I was hurrying, thinking that I wanted to live."

Local television stations broadcast live pictures of the ship, Sewol, listing to its side and slowly sinking as passengers jumped out or were winched up by helicopters. At least 87 vessels and 18 aircraft swarmed around the stricken ship. Rescuers clambered over its sides, pulling out passengers wearing orange life jackets.

But the ship overturned completely and continued to sink slowly. Within a few hours only its blue-and-white bow stuck out of the water; 160 coast guard and navy divers searched for survivors inside the wreckage.

THE ASSOCIATED PRESS

The South Korean Coast Guard tries to rescue passengers from the ferry Sewol off the southern coast near Jindo, south of Seoul, Wednesday. Dozens of boats, helicopters and divers scrambled to rescue more than 470 people, including 325 high school students.

HYUNG MIN-WOO, YONHAP/THE ASSOCIATED PRESS

South Korea

Ferry tragedy could be one of country's worst

Yonhap news agency said the 146-metre-long ship, which travels twice a week between Incheon and Jeju, was built in Japan in 1994 and could carry a maximum of 921 people, 180 vehicles and 152 shipping containers.

The water temperature in the area was about 12 C, cold enough to cause hypothermia after 1 1/2 hours of exposure.

The two previous deadliest ferry disasters were in 1970 when 323 drowned and 1993 when 292 died.

THE ASSOCIATED PRESS

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Exploiting CRA bug was an easy feat, expert says

Heartbleed bug.
Exploiting vulnerabilities in websites can be easily learned: Tech analyst

A London, Ont., teen accused of stealing social insurance numbers from the Canada Revenue Agency website may be just one of many hackers who took advantage of the Heartbleed encryption bug.

"This won't be the last that you hear of it," said London-based tech analyst Carmi Levy. "Obviously, this is a CRA announcement, but we will hear similar announcements from other systems.

The RCMP announced Wednesday that Stephen Solis-Reyes, 19, a student at Western University, had been arrested and charged.

CRA officials announced Monday that 900 social insurance numbers were stolen during a security breach.

Levy said there's a huge and hungry appetite for stolen personal information such as social insurance numbers, and learning how to breach a vulnerable website is easily done with a simple Google search.

"It's available online to anyone curious enough to go looking for it," he said. "Anyone who's adept with Google can easily find them."

Solis-Reyes appears to be highly adept. He is listed as a member of the school's robotics club, the programming club and the robotics challenge team. He was also part of the team that was city champions in the Ecoo (Educational Computing Organization of Ontario) programming contest.

Solis-Reyes is scheduled for a July 17 court appearance in Ottawa. The investigation is ongoing, police said.

SCOTT TAYLOR/METRO IN LONDON WITH FILES FROM MIKE DONACHIE

The charges

Solis-Reyes is charged with unauthorized use of a computer and mischief in relation to data, both punishable by up to 10 years in prison.

Eastern Canada wades through deep waters

Keegan Worden, left, and David Clement check on a flooded Tim Horton's location in Sussex, N.B. Rain, melting snow and ice-choked rivers forced waters to rise in parts of Eastern Canada on Wednesday. Roads were submerged, basements filled and power knocked out as people were warned to prepare. High water levels have also triggered emergencies in Centre Hastings and Tweed in eastern Ontario, joining Belleville. DAVID SMITH/THE CANADIAN PRESS

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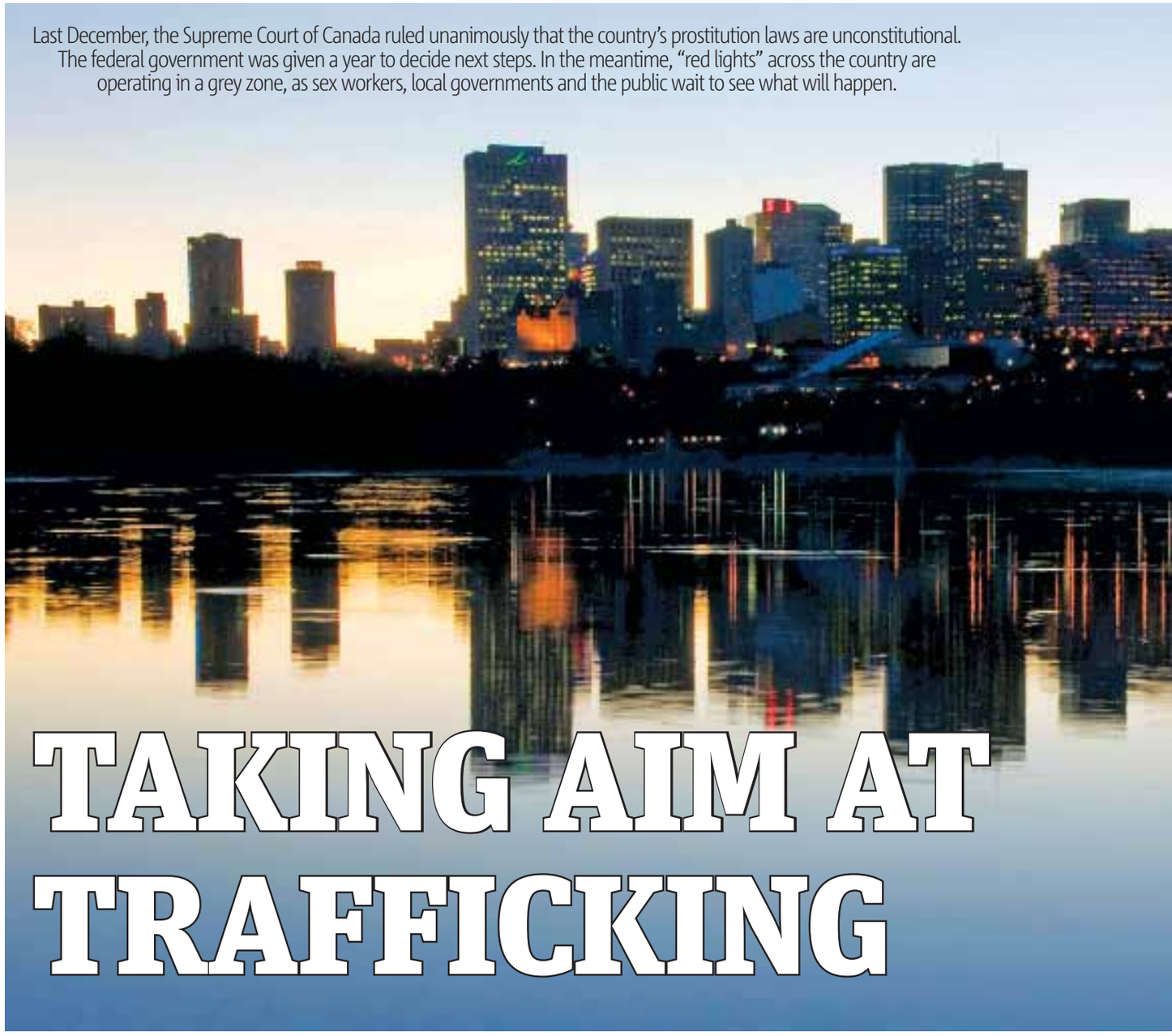
Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.



TAKING AIM AT TRAFFICKING

For the final day of our three-part series, Metro Canada speaks with police, counsellors and anti-exploitation advocates working on the front lines to try to ensure body rub workers in Edmonton have the proper abuse-prevention resources available. They all admit it's hard to pin down the number of criminal acts being committed on a daily basis due to the secretive nature of the sex industry

LEAH GERMAIN
Metro in Edmonton

For Edmonton police Det. Steve Horchuk, building trust is the cornerstone of his job, especially when it comes to working with women at body rub parlours. The city's regulated parlours make up the largest and most consistent group of sex workers in Alberta's capital, he says.

Working with his fellow officers on the Edmonton Police Service vice unit, Horchuk's days are spent building bonds, breaking down barriers and offering sex workers an outlet to talk about abuse or exploitation.

"We are looking for human trafficking. We are looking for underage girls and women getting ushered into the business," Horchuk says in a matter-of-fact tone. "Any sort of oppressive environment."

He said the reason for relationship building is simple: By educating sex workers about the risks involved in the industry, women can start to distinguish what's criminal and what's not.

Waiting for the other shoe to drop

"As education and awareness increase, I think we are going to see more reports of human trafficking in general."

ACT Alberta executive director Andrea Burkhart

"Sex workers will often deal with it on their own, without realizing they're being victimized," Horchuk says, adding it's almost impossible to know precisely how much crime or abuse might be happening at body rub parlours.

"We think, anecdotally from the women disclosing how many customers try and force anal intercourse, or try and force no contraception or they get rough and punch, choke or do things that are not consensual, that happens quite frequently."

Andrea Burkhart, executive director of ACT Alberta — an advocacy group that works with police and other local stakeholders to address human trafficking — is also committed to building trust with potential victims of the sex industry, particularly human trafficking.

"It's very hard to see human trafficking at first glance," Burkhart said. "People who've been trafficked often don't self-identify and (they) deny they've been trafficked."

While experts are unable to pin down the number of times women are trafficked into the sex industry through body rub parlours, Burkhart said building trust between sex workers and law enforcement is the first step to identifying the problem.

"There is still a lot that needs to be uncovered," she said. "As education and awareness increase, I think we are going to see more reports of human trafficking in general.

"We are hopeful those who have been trafficked in massage parlours know there is assistance for them should they come forward and seek help."

'Do you see me?'

A poem from former sex trade worker "Julie," provided by the Centre to End All Sexual Exploitation.

I work at the massage parlour you go to. Do you see me?

You come in and I catch a glance of you. I think I know you. I quickly run to the back room. Do you see me?

I check the camera. I don't recognize you, so I get ready to greet you with the other girls. We meet and you look at me leeringly. I tell you my fake name. I'm apprehensive. Do you see me?

I smile and exit before the next girl introduces herself. You tell her you want a session with me. She calls me back and appears upset that you chose me. She intimidates me and I'm scared of her. Do you see me?

We enter the room and you tell me you don't quite have the amount of money I quoted and ask for a 'deal.' I oblige. I feel cheapened. Do you see me?

I start to take my clothes off for you. I'm uncomfortable. I'm ashamed. Do you see me?

You start touching me and my skin starts to crawl. I feel myself pull away for a moment. Do you see me?

You ask if I enjoy what you are doing to me. I smile and say I do even though it's a lie. Do you see me?

You finish and tell me that you had a great time. I say I did too. Another lie. Do you see me?

You ask if I genuinely like my job. I tell you I love my job. I'm lying again. Do you see me?

You tell me you will come back and visit me again. I force a smile but I am dreading that day. Do you see me?

As you exit the parlour, I get tears welling up in my eyes. I feel objectified, de-humanized. Do you see me?

You leave and I prepare to meet the next guy who is already waiting, all the while wondering, Did you see ME?

Don't buy women, Don't buy the lie.

ISTOCK IMAGE

Edmonton police are trying to forge relationships with massage sex workers so women in danger don't feel like they have to deal with issues on their own. METRO

In a parlour or on the street, 'it is still sexual exploitation'

Hidden victims.
Despite regulations, abuse and exploitation still prevalent at body rub parlours, former vice detective says

LEAH GERMAIN
Metro in Edmonton

When it comes to the economics of body rub parlours, many sex workers advocate that it's time to stop thinking of them as a commodity and address the issue of supply and demand.

"At the core, it's a women's equality issue and a poverty issue," said Kate Quinn, the executive director for the Centre to End All Sexual Exploitation in Edmonton.

Working with sex workers on a daily basis, Quinn said one of the greatest issues facing the sex industry is a living wage for women. "When there is no livable wage option, women turn to the commercial sex industry and that's what we need to change," she said.

Acknowledging the struggles on the supply side of the equation — the women in the industry — Quinn said the impact body rub parlours have on demand — those paying for their services — is often overlooked.

"Women I have worked with in the commercial sex industry have said 90 per cent of their customers were married men, that money paid to those women came from their family economy," Quinn said.

"We never talk about the buyer's side. We never talk about the hidden victims — the buyer's family, children."

Like Quinn, JoAnn McCartney, a former Edmonton Police Services vice detective and current anti-prostitution advocate and counsellor, said even though body rub parlours are largely regulated, exploitation and abuse is an ongoing issue for sex workers.

From her own experiences visiting parlours as a police officer, and from stories shared with her by body rub workers, McCartney said she sees very little differentiation between street sex workers and women working in parlours.

"The women working in there think they are different from street prostitutes," said McCartney.

"They believe they are a step up. I don't think they are any better or worse. It is still sexual exploitation."

Advocates say it's time to stop thinking about sex workers as a commodity. ISTOCK

John says ...

Oil worker cuts out 'girlfriend bulls–t' in favour of massage parlours

Oil-rig work keeps John away from Edmonton for two to three weeks at a time. It also makes it pretty difficult for him to keep a steady girl back in the city, he says. As an alternative, the 34-year-old turns to massage parlours.

"It's hard for women to stay faithful. Every girlfriend I've had has cheated on me while I've gone to work. So basically I cut the whole girlfriend bulls–t out," he said.

Three years ago, John met Roxy (a body rub parlour worker Metro featured in Part 1 of this series). Every three weeks, when he was back in the city, John would drop by the parlour where she works.

The two eventually became friends, so they ended the working relationship and John now visits other parlours in the city, spending about $260 to $300 an hour to "stay" with a woman.

He said it is cheaper than date night.

"By the time you take a girl out on a date just to get some a–, you're looking at spending just about the same," he said.

John said he plans to stop visiting massage parlours once he is in a steady relationship.

Editor's note: John's name has been changed to protect his identity.

STEPHANIE DUBOIS/METRO IN EDMONTON

Your voice

What you had to say about this series

Metro readers had a lot to say about our three-part series on body rub parlours. Here is a selection of some of the comments posted on our website:

There are many people who don't have a lot of money, but they go out and work 2-3 jobs to make ends meet. Giving your body to be used by a complete stranger is not working, it's called prostitution no matter how you may try to word it. It not only puts the prostitute at risk of violence or disease, but most importantly it puts the married men at risk of bringing home those diseases to their innocent wives as well as destroying marriages when they are caught. They should not be legal/licensed anywhere in Canada. **CommonSense**

The best solution is to legalize prostitution so you go to a regulated brothel for sex and a massage therapist for injury related massage. **Annoyed**

Seems to me Canadians have set most of the prudishness aside, and realize that the sex trade cannot be stopped, but can only be driven underground ... I look forward to the day when we will look upon a normal, and potentially exciting, sexual encounter, as we now look forward to a lovely dinner at a fine restaurant. Why shouldn't one treat themselves to something new and exciting? **Awfulorv**

This career does not put married men at risk of anything; that is the married man's choice, not the sex worker's. That line of thinking is the same as people who blame rape victims for "dressing provocatively," as if men are some out-of-control animals who only rely on base instincts. If someone is OK with, or even enjoys sharing a sexual experience with others for money, that is their business, not yours. Don't like it? Don't participate in it. Simple as that. **Kakkoi**

Get caught up

If you missed any part of Metro Canada's three-day series, visit metronews.ca/features/massage-parlours for all our features, along with additional content only available online.

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Gay rights.
Group urges IOC to rule out host cities with unjust laws

More than 100,000 members of an international gay rights group have sent messages to the IOC urging changes to ensure that future Olympic host countries do not have discriminatory laws on their books.

The group All Out reiterated its call on the International Olympic Committee to overhaul its selection process, citing the controversy that surrounded the Winter Games in Sochi over Russia's gay "propaganda" laws.

All Out says it delivered its message before Tuesday's deadline for public submissions on "Olympic Agenda 2020," IOC president Thomas Bach's project for reforms that will be voted on in December in Monaco.

THE ASSOCIATED PRESS

Bosnians come see family unearthed from mass grave

Mourners' statements will help prosecute.
Former Bosnian Serb general Ratko Mladic is being tried on war crimes charges

Bosnian woman Denisa Hegic looks at remains of her family members in Sejkovaca identification centre, near the Bosnian town of Sanski Most, 260 kilometres northwest of Sarajevo, Wednesday. AMEL EMRIC/THE ASSOCIATED PRESS

Denisa Hegic pulled her scarf around her nose to guard against the stench, and drew back the plastic shroud. Shaking, she reached down to touch her mother's skull, and caressed it.

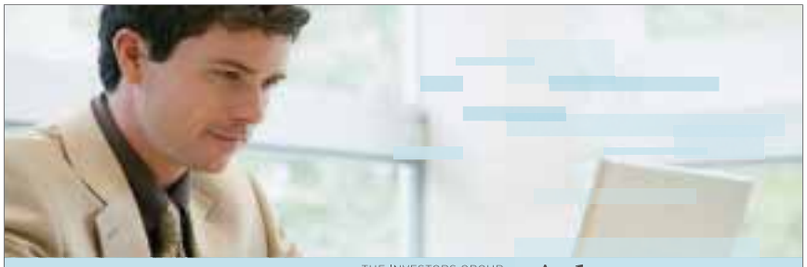
The last time she touched her mother she was bleeding on the floor of the family home, slain by Bosnian Serb soldiers storming their tiny village in northwestern Bosnia. On Wednesday, mother and daughter were reunited in a cavernous building used to house the remains of victims newly excavated from the mass grave in Tomasica, 200 kilometres northwest of Sarajevo.

"I found her body," she said.

Hegic's experience is being repeated this week by many survivors of Bosnia's 1992-95 war, as experts begin allowing families to view the remains meticulously pulled from the earth and identified through DNA analysis. Hundreds of families are expected to make the sad pilgrimage to see the dead.

So far, 430 victims were found in the Tomasica grave, a vast pit 10 metres deep and covering 5,000 square metres. The pit contains victims of Bosnian Serb military units who killed Muslim Bosniaks and Roman Catholic Croats as part of a so-called ethnic cleansing campaign.

THE ASSOCIATED PRESS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We are known for our love of hockey and Tim Hortons coffee — now we can add tablets to the list. More than 42 per cent of anglophone Canadians now have a tablet, and many of us have chosen an iPad, a new survey says. JUSTIN SULLIVAN/GETTY IMAGES

Is Apple's iPad as Canadian as maple pie?

A new survey, eh? 1 in 4 Canucks now own a tablet, with many opting for an iPad

More than 42 per cent of anglophone Canadians now own a tablet and most are increasingly choosing one of Apple's iPads, suggests a report by the Media Technology Monitor.

Tablet ownership spiked by about 66 per cent between 2012 and 2013, according to the results of an MTM survey conducted with 4,009 Canadians between Oct. 7 and Dec. 1 of last year.

In the fall of 2012, about one in four anglophone Canadians told pollsters they had one of the gadgets, while a similar survey conducted in the fall of 2011 found just one in 10 were tablet owners.

THE CANADIAN PRESS

Good ol' tablet game

Overall, the tablet users surveyed typically said they used their device to go online (88 per cent), browse the web (80 per cent) and use email (65 per cent). About half said they used their tablet for social networking, watching video and reading news.

Fighting theft

Smartphones in the U.S. to get 'kill switch'

A trade group for wireless providers in the U.S. says that the biggest mobile device manufacturers and carriers will soon put anti-theft tools on the gadgets to try to deter rampant smartphone theft.

THE ASSOCIATED PRESS

Market Minute

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IT'S NOT YOU, IT'S THE PLAYOFFS

HE SAYS

John Mazerolle
metronews.ca

By the time you read this, my love, I may already be in sudden death.

We've grown close these first few months together, but as my girlfriend I think it's only fair you know there's a side of me you haven't seen before — a dark side, an off side. It's time for the NHL playoffs.

I'm so sorry.

If you're reading this, you probably already know what I mean. Maybe you've picked up this column during a game because you've given up on speaking to me directly.

You speak, but I respond with only an icy stare in the direction of sudden-death overtime.

You step in front of the screen, and I leeeean around you, possibly rousing myself long enough to mumble the old family chestnut about making "a better door than a window."

You try to ask about Don Cherry's wardrobe, but I've plugged my fingers into my ears and curled into the fetal position until he's done explaining that the forwards should cover the points.

But don't fret. I believe in us. Or, to be more specific, I believe you have what it takes to put up with me. You've proven it before.

We went to see a Raptors basketball game together, and you provided the insightful colour commentary that only fresh eyes can deliver: "They score a lot in basketball!" And you showed a true understanding of the heart of basketball (really), when you said, "It's taken them 10 minutes to play the final 36 seconds."

We watched the Raptors lose, though they won their division because the team chasing them lost in a simultaneous game. You got home, saw the headline "Raptors win" and declared, "I don't think I understand basketball," and it was just about the cutest thing ever.

And, recently, your roommate wished me "Good luck" for the hockey playoffs, and you were confused because I don't actually play for the Boston Bruins, even if my apartment has more B's paraphernalia than their team bus. You chuckled and insinuated that I somehow have no impact on the result of the game.

That's nonsense, of course. Anybody who's ever helped their kid eat by opening their own mouth, or helped a pilot land an airplane by staring out the window, knows the vital role I play.

But I'm not asking you to understand. You don't even have to like it. You just have to understand that I like it.

So, my sincerest apologies, my love. I'll make it up to you, and I don't need anything from you. You don't need to know your icing from your elbowing penalty. You just need to know I'll be in my Cups just a little while longer, and then I'm yours.

I know I'm risking heartbreak and loss over these two months, but that's hockey!

Sincerely,
John

P.S. Thanks for being such a good sport. I'm a fan of those.

ZOOM

Dog days of prosthetics

LINDSEY MLADIVINICH/ORTHOPETS/THE ASSOCIATED PRESS

Pooch saved from foreclosed home

Naki'o, a red heeler mix breed, has received four prosthetic limbs in Denver, Colo. Naki'o was found in the cellar of a Nebraska foreclosed home with all four legs and its tail frozen in puddles of water-turned-ice. What frostbite didn't do, a surgeon did, amputating all four legs and giving him four prosthetics. THE ASSOCIATED PRESS

Two-legged dog vid

- A nine-month-old boxer named Duncan barrelled down a beach in Oregon, running full tilt on soft sand into YouTube history and showing more than four million viewers he can revel in a good romp despite lacking back legs.

More Paw-sibilities

More veterinarians are using wheelchairs, orthotics and prosthetics to improve the lives of dogs that have lost limbs to deformity, infection or accident, experts say. There have also been great strides in technology to keep up with U.S. soldiers returning wounded from war, and veterinarians have adapted the materials and know-how for the rising demand from clients. THE ASSOCIATED PRESS

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metro AR

MetroTube

Selfies suffer a huge blow to the head

ANDREW FIFIELD
metronews.ca

Selfie has had a tough time since the heady days of 2013 when it was blessed with Word Of The Year status by Oxford Dictionaries. First, its definition was rudely changed to "here's a photo of me surrounded by mob of grinning faces." And, it's also become shorthand for Samsung PR stunt. Now this: A young man can't even take a well-groomed selfie in a situation of highly questionable safety without getting a rude boot to the head from a train engineer — a lesson in self-preservation that comes with an ironic dash of danger. (Via Jared Michael)

YOUTUBE SCREENGRAB

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Fine family films for Easter

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

The Lego Movie is one of the best movies out this year — for kids and adults. CONTRIBUTED

Synopsis

After enjoying big Easter and Passover meals, the Reel Guys like to treat the family to a good movie. Because there are as many different kinds of family movies as there are colours on the most psychedelic Ukrainian Easter egg, this week the guys have a look at their favourites. From the big screen to rentals for the small screen they choose movies that will put an extra hop in your step this weekend.

Long weekend entertainment. The Reel Guys list their picks for flicks that delight both parents and kids

Richard: Mark, if you're planning to take the kids out to the movies this weekend, there are two recent family flicks that deserve to be seen on the big screen. The Lego Movie is possibly the weirdest, most psychedelic kid's entertainment since H.R. Pufnstuf, but it is also one of the best films of the year so far, kid's movie or not. Then there is Mr. Peabody & Sherman, a big animated film inspired by a time travelling segment from the TV show Rocky and His Friends. It's the only kid's movie with an Oedipal joke and the kind of children's movie that I think parents and kids will enjoy, but probably for completely different reasons.

Mark: Richard, so far The Lego Movie is the most exciting movie of the year, family or otherwise, but it should be noted that it, too, has a strong Oedipal theme in it. As a father of a three-year-old, I'm never quite sure what family entertainment means; what's appropriate for my little boy is different than what might entertain an eight-year-old. Pretty much anything animated works for all ages, but then it gets complicated. And gender plays a role in choosing the right flick, too. Young girls love The Wizard of Oz, but young boys, not so much. But you never know. My little one loves Frozen, just out on DVD, even though it might seem "girly" to some.

RC: People love Frozen. I'm not one of them, but there is no arguing with the success of that movie. I'm more on side with Despicable Me II, which I thought was great fun despite its predictable plot. The story of chrome-domed former bad guy Gru's (Steve Carell) working with the Anti-Villain League could have written itself, but the inventive gags contained within are the reason the whole family will enjoy the movie. There are lots of fun characters, but it's really all about the Minions — Gru's yellow, jelly-bean-shaped helpers — who spice things up with their own special kind of anarchy. Speaking in gibberish, they're fun and more than worth the rental.

MB: Despicable Me II is a treat but my little guy deemed it "too scawy". But I look forward to a family viewing of E.T. — the greatest family movie ever. Young or old, boys or girls, who doesn't love the tale of that lovable little alien? Also on my eventual DVD queue would be Gremlins and even Home Alone. Kids love movies with kid heroes.

RC: Speaking of kid heroes, the adaptation of the classic Maurice Sendak children's book Where the Wild Things Are isn't a movie for kids as much as it is a movie about being a kid. Max is the hero, a lonely kid who goes to where the wild things are. It's a slow moving, simple film about deep feelings. It's not a slick, brightly coloured kid's film with a connect-the-dots plot and an easily digested moral, but it is a magical movie.

MB: I never got the appeal of the movie or the book, but maybe I've been missing something. But here's an idea: Sit down with the family and watch A Hard Day's Night. Everyone loves The Beatles, and this is the pop group in full cheeky-cute mode. Their rock songs from 1964 sound a lot like kids music today, with their melodic hooks and innocent lyrics.

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Great starter on quiet cres. In Sherwood Estates. Nicely renovated 2 + 1 bi-level. Upgrades include laminate & ceramic flooring, some windows, and more! Patio doors off dining room to large tiered deck & private back yard. Finished basement. 26 x 24 garage.

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Documentary

Bears

Director. Keith Scholey, Alastair Fothergill

Stars. John C. Reilly

In an epic story of breath-taking scale, Disneynature's new True Life Adventure Bears showcases a year in the life of a bear family as two impressionable young cubs are taught life's most important lessons. Set against a majestic Alaskan backdrop teeming with life, their journey begins as winter comes to an end.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** 89%

Comedy

The Trailer Park Boys: Don't Legalize It

Director. Mike Clattenburg

Stars. John Paul Tremblay, Mike Smith, Robb Wells

The Trailer Park Boys are back. But these are tough times for Ricky, Julian, and Bubbles, and for everyone in Sunnyvale Trailer Park.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** 88%

Drama/Romance

The Lunchbox

Director. Ritesh Batra

Stars. Irfan Khan, Nimrat Kaur

Housewife Ila wants to add some spice to her marriage through her cooking, so she prepares a lunchbox to be delivered to her husband at work, but it's mistakenly delivered to another worker, Saajan, a lonely man on the verge of retirement. Curious about the lack of reaction from her husband, Ila puts a little note in the following day's lunchbox.

Rotten Tomatoes™ score
Critics: 93% **Audience:** 86%

Sci-Fi Thriller

Transcendence

Director. Wally Pfister

Stars. Johnny Depp

Dr. Will Caster (Johnny Depp) is the foremost researcher in the field of Artificial Intelligence, working to create a sentient machine that combines the collective intelligence of everything ever known with the full range of human emotions. His highly controversial experiments have made him famous, but they have also made him the prime target of anti-technology extremists who will do whatever it takes to stop him.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** 98%

THESE PAGES COVER MOVIE START TIMES FROM FRI., APR. 18 TO THURS., APR. 24. TIMES ARE SUBJECT TO CHANGE.

Southland Mall
3025 Gordon Rd.

Bad Words (14A) Fri-Thu 7:10-9:40
Bears (G) Fri-Tue 1:10-3:15-5:20-7:20-9:30 Wed 3:40-7:20-9:30 Thu 1:10-3:15-5:20-7:20-9:30 Star & Strollers Screening, Wed 1:30
Captain America: The Winter Soldier (PG) Fri-Thu 12:45-7
Captain America: The Winter Soldier 3D (PG) Fri-Thu 3:45-10
Divergent (PG) Fri-Thu 12:20-3:25-6:40-9:45
God's Not Dead (PG) Fri-Thu 12:40-3:50-7:15-10:05
The Grand Budapest Hotel (14A) Fri-Thu 12:15-2:45-5:15-7:45-10:10
The LEGO Movie (G) Fri-Thu 12:35-3-5:25-7:50
Muppets Most Wanted (G) Fri-Thu 12:55-4:20
Noah (STC) Fri-Thu 12:25-3:35-6:50-9:55
Non-Stop (PG) Fri-Thu 10:15
Rio 2 (G) Fri-Thu 12
Rio 2 3D (G) Fri-Thu 2:35-5:05-7:40-10:15
Transcendence (PG) Fri-Tue 1-4-7:30-10:20 Wed 4:25-7:30-10:20 Thu 1-4-7:30-10:20
Star & Strollers Screening, Wed 1:30

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit

Captain America: The Winter Soldier (PG) Fri-Thu 6:40-9:45
Captain America: The Winter Soldier 3D (PG) Fri-Wed 1:05-4:15-7:20-10:25 Thu 1:05-4:15-7:15-10:25
Divergent (PG) Fri-Tue 12:45-3:55-7:05-10:15 Wed-Thu 12:45-3:55-10:15
Draft Day (PG) Fri-Thu 2:20-5:10-7:50-10:30
Heaven Is for Real (G) Fri-Thu 12:05-2:30-5-7:25-10
Hop (G) Sat 11
It Happened One Night (STC) Sun 12:55 Wed 7
Noah (STC) Fri-Sat 12:40-3:45-6:50-9:55 Sun 3:45-6:50-9:55 Mon-Wed 12:40-3:45-6:50-9:55 Thu 12:40-3:45-6:50
Oculus (14A) Fri-Sat 12:15-2:50-5:25-8-10:40 Sun 1:10-5:25-8-10:40 Mon-Tue 12:15-2:50-5:25-8-10:40 Wed 1:45-4:20-7:05-10:40 Thu 12:15-2:50-7-10:40
The Other Woman (STC) Thu 9:55
The Princess Bride (PG) Thu 7:30
Rio 2 (G) Fri 1-4:05 Sat 11-1:30-4:05 Sun-Thu 1-4:05
Rio 2 3D (G) Fri-Thu 12-2:35-5:05-7:35-10:05
Trailer Park Boys: Don't Legalize It (STC) Fri-Thu 12:55-3:20-5:45-8:10-10:40
Transcendence (PG) Fri 1:55-4:45-7:40-10:35 Sat 11:10-1:55-4:45-7:40-10:35 Sun-Wed 1:55-4:45-7:40-10:35 Thu 1:55-4:45-7:45-10:35

Kramer IMAX Theatre
2903 Powerhouse Dr.

Flight of the Butterflies 3D (STC) Sat-Sun 2:15
Island of Lemurs: Madagascar (G) Fri 1-2:15-3:30-4:45 Sat-Sun 1-3:30-4:45-7

Golden Mile
3806 Albert St.

300: Rise of an Empire (18A) Fri-Thu 1:20-3:50-7-9:20
About Last Night (14A) Fri-Thu 9:25
Disco Singh (PG) Fri-Sat 9:10 Sun 3:30-6:20
Frozen (G) Fri-Thu 1:25-4-6:45
The Lunchbox (G) Fri-Thu 1:15-6:30
The Monuments Men (PG) Fri-Thu 1:10-4-6:40-9:15
Mr. Peabody & Sherman (G) Fri-Thu 1:20-4:10-6:35-9:10
The Nut Job (G) Fri-Thu 1:30-4:05-7:05
Pompeii (STC) Fri 1:15-3:50-6:50 Sat 1:15-9:15 Sun 1:15-3:50-6:50 Mon-Thu 1:15-3:50-6:50-9:15
Ride Along (PG) Fri-Thu 9:20
Son of God (PG) Fri-Thu 1:10-3:45-6:30-9:10
Le Week-end (PG) Fri-Thu 3:55-9:25

Regina Public Library Film Theatre, 23 11 12th Ave.

Art-Rated Films (STC) Wed 9
Damsels in Distress (G) Wed 7
Finding Vivian Maier (PG) Thu 7
The Great Beauty (14A) Fri 6:30 Sat 9 Sun 6:30
Hannah Arendt (PG) Thu 9
No Films Showing Today (STC) Mon-Tue
Particle Fever (PG) Fri 9 Sat 7 Sun 9

They're a little bit country and ... hip-hop

Florida Georgia Line. After breaking ground by throwing rapper Nelly on the remix to the hit song Cruise, the duo is touring Canada

JACOB MORGAN
jacob.morgan@metronews.ca

How do you follow up a smash hit about Chevy trucks and pretty girls?

Throw rapper Nelly in the remix, of course. And release a slew of singles about more or less the same things.

Tyler Hubbard and Brian Kelley of Florida Georgia Line demonstrate a singular world view on their debut album, Here's to the Good Times. And they're conquering country music with tight black T-shirts on their backs and red Solo cups in their hands. Their song Cruise is the best-selling digital country single of all time.

Metro spoke with the duo ahead of their headlining Regina concert on Saturday at the Brandt Centre to discuss music, collaborations and good times.

How's work going on the follow-up to Here's to the Good Times?
Hubbard: It's a busy year for us. We're recording album two, touring, writing and recording.

Are you feeling any of the typical sophomore album pressure?
Kelley: Not really, man. We're coming off confidence backed by our amazing fans and country radio. We do feel like we've got an arsenal full of songs already rocking. Joey Moi, our producer, has been in the studio just tearing it up.

When you were writing Cruise, did you know that you had such a huge hit on your hands?
Kelley: It originally started in a room at a house and we were in the middle of writing another song. I just kind of spit out that first line of the chorus and we ended up finishing it in about 25 minutes and we knew then that we had something special. But it really wasn't until we got into the studio with Joey Moi and we just started digging on it, man, and he had some points and thought it could be better. The stars aligned for that one and the songwriting gods were looking down on us.

From left, Brian Kelley and Tyler Hubbard are the duo behind Florida Georgia Line. They perform in Regina at the Brandt Centre on Saturday as part of a headlining run of Canadian shows. KRISTIN BARLOWE

Throwing Nelly on the remix was seen as a pretty revolutionary move. Who else do you hope to collaborate with in the future?
Hubbard: You never know with us, man. We're pretty open to any ideas. We've always thought it would be cool to work with Garth Brooks or any of those legends like that in the country world.

Maybe a little Drake?
Hubbard: Oh yeah, Drake would be awesome. We love Drake.

What does an ideal afternoon look like for the guys in Florida Georgia Line?
Kelley: If we're in town, there's nothing better for both us than being in our houses. We've both got some land, riding four-wheelers and our Kawasaki toys that we really like. Being out in the woods and being out in nature is probably the coolest thing. Hunting, fishing — we don't get much time to do that but we enjoy it. And we do like to party, as you know.

It's been such a whirlwind year-plus for you guys. What stands out each of you as a personal highlight?
Kelley: Definitely working with Nelly. The remix has been a completely amazing relationship. We're doing a tour with him (in the summer). And working with Alabama on the tribute album and singing with them at the Ryman (Auditorium) was something that we'll never forget.
Hubbard: I probably have to agree, but also I'll add one. We played Texas Stadium with Taylor Swift in front of about 80,000 people. And we played the Houston Rodeo, it was like 75,000 people, so that was pretty epic.

Ask Dr. Marita Schauch, BSc, ND

? I have terrible PMS every month and my periods are really heavy – is there anything natural I can take to get some relief?

! Premenstrual syndrome, also known as PMS, can include symptoms such as mood swings, depression, cravings, bloating, water retention and headaches. PMS can occur for up to 2 weeks before the onset of a woman's menstrual flow and affects somewhere between 70 to 90% of women. An imbalance in hormones, especially the ratio of estrogen to progesterone, is commonly the culprit for many women. This is often referred to as "Estrogen Dominance" and can develop as a result of poor diet, a sluggish liver and exposure to excess environmental estrogens found in plastics, cosmetics, pesticides, the birth control pill, or hormone replacement therapy. Estrogen dominance has been linked to a wide range of conditions, including heavy, painful periods, uterine fibroids, endometriosis, infertility and even estrogen dependent cancers such as breast and uterine cancers. The herb milk thistle has a long history of being a very safe liver detoxifier. A healthy liver helps to eliminate and detoxify these harmful and excess estrogens in order to boost the body's metabolic rate and ensure that estrogen and progesterone are in healthy balance. Other beneficial herbs to help balance high estrogen levels include: curcumin, calcium-d-glucarate, indole-3-carbinol and sulforaphane. **EstroSense®** is a safe and effective detoxifier that helps to eliminate those harmful, excess estrogens so that you can have effortless and PMS free periods!

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STARTS FRIDAY Check Theatre Directory for Locations & Showtimes.

LIFE 3

A runway that's run their way

The Anti-Agency is the modelling agency that won't get in line and conform. The founders explain why their company favours an attitude and a backstory over a conventional cut 'n' paste face

Mimi Wade / ANTI-AGENCY

Amy Blakemore / ANTI-AGENCY

Chris Tanner / ANTI-AGENCY

"I have no problem with models getting their tits out but I do have a problem when there's an extreme disparity between how men and women are presented," asserts Anti-Agency model Amy Blakemore. The shaven-headed, award-winning poet adds, "Implied submissive is the only thing that I would refuse to do for a client — it's a feminist principle thing." She chuckles.

It's not an opinion that's often vocalized amongst the fashion industry, let alone its silent model subjects. "We don't hire people who want to be models," says Anti-Agency co-founder Pandora Lennard. Lennard and her business partner Lucy Greene, who are officially launching the London-based agency this month, put no pressure on any of their ineffably beautiful, tattooed and pierced model misfits to conform to any industry standard statistics. They're in control of their appearance from body hair to BMI, as well as the jobs that they take on.

The fashion world has never truly been a great advocate of free speech or choice amongst its models. So are the 24-year-old founders not concerned that outspoken individuals could potentially be bad for business? "Brands like someone who authentically represents their identity," argues Greene. "They know they're not going to get some quiet model; they're bolshie but well-behaved."

It's an attitude that fits well with clients such as Dr. Martens, Vivienne Westwood and ASOS. "If you're being booked through the Anti-Agency, both the model and the brand know what to expect," says musician, model and barman Chris Tanner. Makeup artist and model Portia Williams agrees, "They take you on for who you are and not just the way you look."

The fashion stylists' counter-intuitive business model suits a generation of 20-somethings who can't be defined by a single job title — it's the rise of the model / DJ / any other artsy career.

"Our models are aspirational and people want to get to know them beyond just an image," says Lennard. They're part of a new wave of 'personality girls' like "[rainbow-haired] Chloe Norgaard, Cara Delevingne and Kendall Jenner."

Indeed, social media self-promotion has the public tuning in to the private lives of models in a previously unprecedented way. "It's about them as individuals," says Greene. It's the reason in the celebrity sphere that we expect the impromptu Instagram image of Delevingne's tongue or Miley Cyrus' bum. The talent agents use social media themselves to scout for future faces. "You can see into their lives through Facebook and Instagram," explains Greene. "It's Facebook stalking. We've had 2 a.m. phone calls like, 'Have you seen this girl?'," admits Lennard.

The new model beauty: Portia Williams / ANTI-AGENCY

And for the duo — who first saw the business as an opportunity to help out their cash-starved creative friends — it's time to take advantage of fashion's current craze for kookiness and expand their 50-strong roster to the global market. And who knows, the Anti-Agency's new model army might just make conventional beauty seem oh so last season.

METRO WORLD NEWS IN LONDON

ENDS APRIL 30, 2014

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Climb real estate ladder in style

Easy-to-move pieces.
Decorate the smart way while 'buying up' to your dream home

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Accessories that travel are great investments in temporary locations. Motely rug, $400, CB2.com.
ALL PHOTOS CONTRIBUTED

No need to paint or add mouldings to add character to your space; simply stick up removable wall decals and create the focal wall of your dreams. Wall Pops Stripes from $15, WallPops.com

Investing in an easily-moved home accessory means enjoying it for life. My expensive dream: Bell Side Table by Sebastian Herkner, $3,200, Avenue-Road.com

So many ambitious homeowners are afraid to invest money in their places, knowing they will be moving onward and upward every couple of years until they reach the final home of their dreams.

Owning a temporary or transitional space doesn't mean it can't evoke style and reflect your taste. That being said, investing in custom decor ideas for each place can be a huge waste of money as you move your way up the real estate ladder. To help inject style and trends into your life until you finally reach your dream home, the secret is to think like you're living in a temporary rental.

Here's where you should and should not spend your money:

DON'T invest in fancy trims, moulding installations or painting an entire room. Adding easily-removable wall decals or painting a focal wall a fashionable colour are two options that can easily be removed or erased when you are ready to sell.

DO invest in large accessories that can make an impact in your home. Fine art, carpets, side tables and lamps often help inject much-needed high design in a boring space. Spend as much as you can afford and keep them forever; these sort of things can move easily to your next abode, travelling with you for life.

DON'T overspend on custom pieces that cannot be used in your next home. L-shaped sectional sofas, custom closet fittings and outdoor furnishings are all site-specific in size and make for lousy investments when living in short-term accommodations.

DO spend money on upgrades that will get you a better buck when you sell.

Stone kitchen counters, wood floors and pre-wiring for technology are all upgrades that you can enjoy knowing you'll get your money back when selling.

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STEAL THE SHOW

WITH FANTASTIC WHITE TEETH

SHUTTERSTOCK

If you have ever watched makeover shows on TV, you know that no matter what the experts do to hair, makeup and wardrobe, when the big reveal occurs and the guest steps out onto the stage, the person's teeth are always straighter, polished, and noticeably whiter.

Everyone steps into the limelight regularly in some way and having a beautiful whiter smile will steal the show every time.

Whitening teeth is one of the easiest and most impactful cosmetic changes you can make today, and it's no longer just a Hollywood thing. In fact, research has shown that most people would prefer to have whiter teeth. And they can. Whitening teeth is both affordable and easy to do for everyone.

So why do pearly whites dull down and lose some of their bright, white lustre?

With some people, it's genetics. They are born with teeth that are just more yellow than white.

Other people notice that, over time, their teeth discolour, which can happen as a natural part of aging.

Certain lifestyle habits accelerate discolouring. Smoking is very hard on teeth (and your body) and leaves yellowish nicotine stains.

Drinking dark liquids can affect the shade of teeth, too — think coffee, tea, and red wine — and even pigmented foods such as cherries, blueberries and beets can leave stains. Some experts suggest putting milk or cream into coffee and tea so they aren't so dark. But you have to be realistic, too. If you enjoy these drinks and foods, just be sure to brush your teeth after ingesting them.

Certain medications, as well as plaque and tartar, can affect the colour of your teeth, and that's why it's important to have your teeth cleaned regularly and to practise good dental hygiene.

Whitening your teeth will help remove stains and brighten your smile.

But whiter teeth can affect your psyche, too. Research has shown that the condition of your teeth and smile has a lot to do with the way you feel about yourself. While whitening teeth is a cosmetic improvement, the changes a person can experience as a result can be quite momentous.

To ensure these products are right for you, always read and follow the label.

People who have whitened their teeth say they no longer hide their smiles or cover their teeth when they are laughing or talking. They feel better about themselves overall and are more confident.

In effect, whitening your teeth is like wearing a new outfit or getting a fabulous new haircut. It simply makes you feel fantastic. That's a star quality that everyone deserves.

HEALTHY TEETH MAKE AN INSTANT IMPRESSION

Taking care of your teeth by practising good oral hygiene and whitening teeth sends all kinds of messages to the people you interact with everyday.

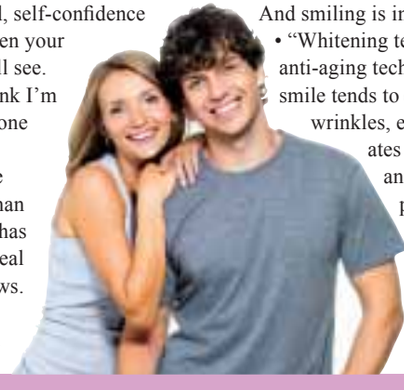
The messages are all good.

• "I feel good about myself." Teeth whitening helps improve your appearance and that makes you feel good. Of course, good, positive feelings are hard to hide.

• "Nothing can stop me now." When you feel good, self-confidence soars — whiten your teeth, you will see.

• "Do you think I'm sexy?" Someone who has nice looking white teeth rather than stained teeth has more sex appeal — and it shows.

• "Happiness is a huge part of me." When people have a bright smile they tend to smile more often. And smiling is infectious.



• "Whitening teeth is a great anti-aging technique." A whiter smile tends to overshadow facial wrinkles, etc., and that creates a more youthful and energetic appearance.

• "So nice to meet you." A smiling face is so much more friendly and approachable than one that is scowling.

• "Taking care of my body and mind is important to me." Whiter teeth are associated with beauty and a healthier lifestyle.

• "Oral hygiene is important to me, too." Whiter healthy teeth make an instant impression with people you know and meet. It's evident that you take care of your teeth — and yourself — and that's fantastic.

SHOW OFF YOUR PEARLY WHITES

Here are some top occasions where a beautiful white smile is on your side.

1 BIG PRESENTATIONS: People really do study you from head to toe when you are public speaking. Prepare by being the best you can be, including whiter teeth.

2 PHOTOGRAPHS: It's OK to want to look your best in photographs. These are lasting memories and whiter teeth make a difference.

3 MEETING NEW PEOPLE: You have mere seconds to make a first impression — a brilliant smile helps to make a good one.

4 GETTING MARRIED: Your wedding day should be perfect, right down to the radiant smile.

5 JOB INTERVIEW: Many people believe that during a job hunt an unattractive smile will hurt their chances for landing a job.

6 FIRST DATE: Most people believe an attractive smile makes a person more appealing as a partner.

7 CLASS REUNION: It's only been 20 years, but your teeth and smile are as bright and white as ever.

I WANT
A **WHITER** SMILE
FOR ALL MY SPOTLIGHT MOMENTS

My wedding day was filled with smiles. To make my smile beautiful, I used my 3D White routine. It gave me a whiter smile and totally prepared me for my moment in the spotlight.
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Oral-B
3D WHITE
3D WHITE WHITESTRIPS
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2 BRUSH
3 RINSE
& WHITEN
MY 3D WHITE™ ROUTINE

Crest® 3D White™ toothpaste fights cavities. ©2014 P&G

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Dress ham up in its Easter best

Glazed Sweet Potato Ham. While Thanksgiving is the traditional meat-stuffing time of the year, it doesn't have to be the only one

Thanksgiving, we stuff turkeys. Easter we stuff ... Hams!

It's not as crazy as it sounds. And it's much easier than you think.

The result? A delicious and beautiful baked ham stuffed with layer upon layer of sweet potato slices.

The trick is to use a spiral-cut ham. All those slices are the perfect place to insert a bit of flavour and colour to your ham. Simply start at one slice, use your fingers to gently peel apart the layers, then insert thin slices of sweet potato.

And if sweet potatoes aren't your thing, the same approach would work with butternut squash or Yukon Gold potatoes. Just be certain to slice the vegetables as thinly as possible. A mandoline is your best bet.

1. Heat the oven to 350 F .

2. Using a mandoline, slice the two large sweet potatoes very thinly. Place the spiral-cut ham, cut side down, in a roasting pan.

3. Carefully separating the layers of the spiral-cut ham, insert slices of sweet potato into each layer. Repeat this until every layer of the spiral-cut ham has been filled.

4. In a small bowl, stir together the apricot preserves and the black pepper, then spread the mixture all over the surface of the spiral-cut ham, ensuring it is evenly covered.

5. Bake Glazed Sweet Potato Ham for about 2 to 3 hours, or until the ham is heated to 160 F at the centre and the potatoes are tender. Allow the finished ham to rest for 15 minutes before slicing.

THE ASSOCIATED PRESS

Nutritional information

Per serving

- 400 calories; 200 calories from fat (50 per cent of total calories); 23 g fat (17 g saturated; 0 g trans fat); 110 mg cholesterol; 19 g carbohydrates; 1 g fibre; 110 g sugar; 31 g protein; 1860 mg sodium

Ingredients

- 2 large sweet potatoes, peeled
- 7- to 9-pound spiral-cut ham
- 10-oz jar apricot preserves
- 1 tsp ground black pepper

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

Side. Broccoli Slaw

This recipe serves eight.

Ingredients

- Zest and juice of 1 orange
- Zest and juice of 1 lemon
- 1 tbsp white balsamic vinegar
- 1 tbsp Dijon mustard
- 1/2 tsp kosher salt
- 1/4 tsp ground black pepper
- 2 tbsp extra-virgin olive oil
- 2 heads broccoli, very finely chopped (about 6 cups)
- 1/4 cup finely chopped dried apricots
- 3 scallions, thinly sliced

Easter side dishes deserve more respect, so here is a dish to liven up your offerings.

For a fresh take on salad, try a broccoli slaw seasoned with Dijon mustard, as well as the zests and juices of a lemon and an orange.

Chopped dried apricots add a sweet touch while toasted pine nuts offer a savoury crunch.

1. In a medium bowl, mix together the zests and juices of the orange and lemon. Whisk in the vinegar, mustard, salt, pepper and olive oil.

2. Add the broccoli, apricots and scallions and mix well. Transfer to a serving dish and sprinkle with the pine nuts.

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IT'S A MATTER OF MAKING A SHIFT

SET A GOAL TO TRY TO TREAT THE EARTH PROPERLY

FLICKR/CHIOT'S RUN

Every year, Earth Day Canada organizes a campaign for the month of April to help educate and engage people of all ages and backgrounds to lower their environmental footprint. With Earth Day approaching on Tuesday, the Make It Count campaign is focusing on four action categories — eat, grow, transform, and share.

Canadians have been encouraged to set a goal for the number of actions they want to complete in each category throughout the month and count them using an online printable calendar. Then they are invited to share the results using the #MIC4ED hasthag to compare totals with friends, classmates, colleagues and people in other parts of the country.

Earth Day Canada president Deb Doncaster believes it's important to integrate Earth Day practices into regular activities; it's something she strives to do herself.

"Every day, I ride a bike to work and walk my son to school," she says. "I don't own a car, I'm a member of a local food co-op and I grow vegetables in my backyard."

Making seasonal, sustainable food choices is part of Make It Count's mission. Where we buy our food, what we eat and how we handle food waste can have a huge impact on the environment, economy and society.

Plants help purify and regulate the water cycle, store large amounts of carbon dioxide and are found at the base of the food chain. Tending to indoor or outdoor plants, herbs or vegetables is an easy place to start making a difference.

Transforming and repairing broken or old items, which is called "upcycling" or "repurposing," can save tonnes of waste from landfills. And one of the best ways to learn how to treat the planet properly is by sharing your knowledge with others, whether you do so by posting information on social media or writing a letter to a politician.

"Each Canadian has a responsibility to do what they can to lessen their impact on the Earth," Doncaster says.

"But integrating this into your daily activities has many great personal benefits, too, such as reducing stress and leading a healthier lifestyle. It's just a matter of making that shift."

– Jane Doucet

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The Walk for Wildlife Fundraising Loyalty Program is open to Canadian residents who are not residents of Quebec. To enter, participants must register at WalkForWildlife.ca before May 22, 2014. Once submitted, all contest entries become the property of CWF. Minors participating in this contest must receive written permission from their parents or guardians before participating, and be prepared to share this proof of permission with CWF when requested. Prizes must be accepted as awarded and are non-transferable, nor can prizes be redeemed for cash value. Estimated total value of the grand prize is $2,865.00. Full terms and conditions are available at WalkForWildlife.ca.

WORKING WITH COMMUNITIES

CONTRIBUTED

Environmental stewardship is a complex and subtle discipline. Many cultures around the world approach it in different ways and they all have their own unique insights and solutions.

The Earth Day Canada Tapestry program began as an acknowledgement that diverse cultural groups have many things to offer the environmental movement. Tapestry aims to bring diverse communities, community organizations and environmental sector stakeholders together in the Greater Toronto Area and southern Ontario over the next two years, and then nationally in years 4 and 5 to come up with new, collective ways to affect widespread and sustained environmental change.

Eduardo Garay is senior adviser — local and international programs at FutureWatch Environment and Development Education Partners. This not-for-profit organization helps connect new Canadians and those living in diverse communities in the GTA and elsewhere with their natural environment. He is on the Tapestry advisory council and his group is one of the stakeholder groups that have joined forces to support Tapestry.

"Tapestry is an upshot of a diversity research project conducted by Earth Day Canada in 2013," Garay says. "We looked at the capacity for an environmental organization that could work with a variety of communities."

Tapestry's goals include establishing more diversity on environmental sector boards and developing a diverse group of speakers who can communicate environmental issues to the media, to the general public and to interest groups. It is also developing a two-year community leadership program and a web-based resource toolkit that will be available in 10 languages.

The Tapestry program is sponsored by the TD Friends of the Environment Foundation and the Ontario Trillium Foundation.

– Tom Mason

M.E. LaZerte School in Edmonton won a $25,000 computer lab from Staples Canada.

CONTRIBUTED

RECYCLE FOR EDUCATION

Winning a new computer lab for your school is impressive enough. For the 700 schools across Canada that took part in this year's Recycle for Education program, the chance to make a difference to the environment and their planet was the real reward.

The competition, sponsored by Staples Canada in collaboration with Earth Day Canada, gave 10 participating schools the opportunity to win a suite of computer equipment worth $25,000 to each school, for submitting the details of their own green plan.

"When we heard that we had won grant money from Staples for our school, we were ecstatic," says Shelley Kofluk, student leadership department head at M.E. LaZerte School in Edmonton, one of last year's winners.

Leigh Pearson, director of facility, environmental and procurement at Staples Canada, says the Recycle for Education program squares perfectly with her company's core values.

"We're passionate about education and we're also passionate about the environment. We can learn a lot from students when it comes to finding ways to protect our environment. They have a lot to tell us, and the Recycle for Education program gives us a way to tell their stories."

– Tom Mason

CONTRIBUTED

HOMETOWN HEROES

TEAMS TACKLE THE ENVIRONMENT

CONTRIBUTED

In February 2011, Lyda Salatian founded the Lower Mainland Green Team, a group of volunteers who help Metro Vancouver parks, municipalities, non-profits and other organizations tackle environmental issues through teamwork and co-operation.

The Green Team combines Salatian's passion for the environment and her organizational skills. Volunteers have planted native plants and trees, such as Douglas fir, Western red cedar and Sitka spruce, picked up litter, removed invasive plants, such as English ivy, Scotch broom and periwinkle, and prepared and harvested vegetable beds, among other initiatives.

Earth Day Canada chose the Lower Mainland Green Team as the recipient of its 2013 Hometown Heroes Group Award, which recognizes a Canadian group that demonstrates outstanding environmental leadership, commitment and achievements in local communities.

"The Hometown Heroes Award sends a message that the work of our volunteers is very much valued and respected," says Salatian, the Lower Mainland Green Team's director.

Salatian has been so inspired by her volunteers that in the past year she founded a charitable organization called Green Teams of Canada, through which she plans to start other green teams in British Columbia and across Canada. This summer she will be riding her bike from Victoria, B.C., to St. John's, N.L., to raise funds and awareness about Green Teams of Canada.

In the meantime, Salatian and her volunteers are basking in the glow of the Hometown Heroes Group Award win, which she feels her team shares symbolically with all of the hard-working environmental stewardship and watershed groups across the country.

Salatian has already invested the $10,000 Hometown Heroes Group Award cash prize — made possible by program sponsors Mill Street Brewery and RBC — in a worthy initiative.

"Our Green Team put the money toward running more activities to engage youth and at-risk youth. It's so important to instill an environmental ethic in younger generations."

– Jane Doucet

Recycle with style at Value Village

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DID YOU KNOW?

Shopping thrift is a great way to snag fashionable clothing and one-of-a-kind accessories, collectables, books and household items for a bargain. Value Village purchases its merchandise from more than 60 nonprofit offices across Canada, which allows each store to stock nearly 100,000 items on its sales floor each and every day! So the selection is ever-changing and always fresh!

Shopping and donating at Value Village provides a great way for customers to reduce, reuse and recycle!

There are many ways consumers can make small changes in their daily habits in order to have a positive impact on the environment, from switching to energy-efficient light bulbs and eco-friendly cleaning products to carrying reusable shopping bags. What many don't realize is that one of the easiest ways to "go green" is by shopping thrift. When you shop at Value Village stores and donate reusable items to its nonprofit partners, you're keeping goods out of landfills and giving pre-loved treasures a brand new life.

"We know that families across Canada are clearing out their clutter and getting organized with spring cleaning," said Tony Shumpert, Vice President of Recycling Operations for Value Village. "By donating these items, instead of simply throwing them away, you can give back to your community and save quality goods from polluting the Earth. In fact, Value Village operates one of the largest recycling programs in the world, saving more than 600 million pounds of goods from landfills last year alone."

So how does it work? Every Value Village location partners with a charitable organization in its community, including Canadian Diabetes Association and Saskatchewan Institute on Community Living. All year round, each store pays its nonprofit partner for every donated item, including clothing, housewares, books and more. Over the past 10 years, Value Village has purchased more than $1.5 billion of goods from its partners – turning otherwise unused items into sustainable funding that supports the nonprofit's vital community programs and services.

The highest-quality items are priced at a great value and displayed on Value Village's sales floors for purchase, while merchandise not suitable for resale is responsibly recycled.

Residents with clothing or household goods to donate can call participating nonprofits for a home pickup or drop off their items at convenient Community Donation Centres located at every Value Village store.

For more information on Value Village's nonprofit partnerships and recycling efforts, or to find a Community Donation Centre near you, visit **valuevillage.com**.

GOOD JOB BOB!
Save 30%

When you donate two bags or boxes of reusable clothing or household items at the Community Donation Centre located at Value Village! Now thru May 3, 2014. Value Village pays local nonprofits every time you donate, and recycling helps planet Earth! Thank you!

Offer good now thru May 3, 2014. One coupon per visit. Minimum two box/bag requirement. Each box/bag must be equal to or larger than one full brown paper grocery store shopping bag. See coupon for details.

In our community, your donations benefit:

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Supporting individuals with intellectual disabilities in Saskatchewan.

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First Nations Power Authority (FNPA), in partnership with FHQ Developments and Lockheed Martin Canada, is excited to announce a new commercial solar power demonstration project installed at the Home Inn & Suites located in Swift Current, Saskatchewan.

This project showcases new technology, specifically designed for Canada's climate. It's an opportunity for FNPA and FHQ Developments to get a better understanding of how to use solar energy commercially in our province.

FNPA thanks all of its partners for their generous support. **For more information please visit our website: www.fnpa.ca.**

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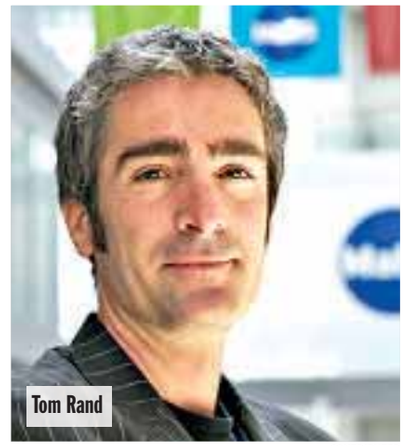
MAKING A POSITIVE IMPACT



CONTRIBUTED

Deborah Doncaster still remembers her first Earth Day experience. The year was 2000, and she was with her niece and nephew at a tree-planting event in Rosedale Valley Ravine in Toronto.

"It was then that I really understood the satisfaction of doing something direct," she says. "A lot of my work before that was focused on being an activist and I attended many protests. But after that day, I got hooked on direct environmental action — less talk, more doing. It was something you could touch and feel. It was real and it was fun."

Today, Doncaster is president of Earth Day Canada, which organizes Earth Day events, as well as year-round programs to foster interest in the environment.

The outstanding commitment to the environment award is one of those programs — a prestigious annual award handed out to an exceptional environmental activist, teacher or thinker. Every year, Earth Day Canada chooses someone who has made a significant difference for the environment and who has truly set an excellent example of great environmental work to receive the award. Notable past winners include musician Bruce Cockburn, celebrated activist Maude Barlow, lawyer and environmentalist Clayton Ruby, and painter and naturalist Robert Bateman.

Tom Rand, the most recent winner, is a green entrepreneur, advocate, adviser, speaker, investor and the author of Kick the Fossil Fuel Habit: 10 Clean Technologies to Save Our World. *– Tom Mason*

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HOMEBUYERS ARE HIGHLY EDUCATED: STUDY

If you are in your early to mid-30s and you are just buying your first home you aren't alone.

Almost two-thirds of Canadian first-time homebuyers are younger than 35 years old, with almost half falling between the ages of 25 to 34, according to recent studies.

The Canadian Mortgage and Housing Corporation (CMHC) conducted a first-time homebuyer study in 2013 and discovered that consumers are most likely to buy their first home by 35, while only 20 per cent of repeat buyers fall under the same demographic.

"Consistent with a younger age profile, first-time buyers have lower household incomes compared to other homebuyers," says Terri Gibbons, CMHC manager of business development for the Ontario region. "Nearly two-thirds of first-time buyers have a household income of $90,000 a year or less, while one in five have less than $45,000. And although first-time buyers may have lower household incomes, they tend to have higher levels of education compared to other mortgage consumers."

Gibbons says one particularly interesting statistic is that almost one-quarter of first-time buyers were born outside of Canada, while almost half of that demographic lives in Ontario.

SHUTTERSTOCK

In Alberta, and particularly Calgary, first-time buyers tend to be younger than the rest of Canada and that is largely to do with a fountain of wealth in the province where incomes are higher than the national average, Gibbons said.

"People have a general idea of the process when they buy their first home, but there are a number of reasons why people might wait a bit longer to make that decision."

– Krista Sylvester

RESEARCH YOUR INVESTMENT

Real estate can be a lucrative investment, but venturing into the landlord market can be risky for first-time homebuyers.

That's why extensive research is required before embarking on your first home as an investment, and many industry experts agree first-time landlords should buy homes that have "sellable" features.

While it's important to buy a home that you can sell easily down the road, first-time buyers also need to be cognizant of making the house rent worthy, which might include some immediate renovations that may cost a lot upfront but will be worth it in the long term.

First-time landlords should also ensure they conduct a comprehensive tenant screening process and ensure they draft a proper lease.

RETHINK RENTAL IN REGINA

New, well appointed, immaculately maintained — these terms aren't usually associated with rental apartments. But a new perspective on renting is developing in Regina — homes for the discerning apartment resident.

Deveraux Heights, a new three-building, 160-suite rental complex in the Harbour Landing neighbourhood of southwest Regina, was built to provide a convenient, comfortable experience for residents, says Jamie McDougald, chief operating officer of Deveraux Developments.

"We challenge our residents to rethink rental. Many people carry a negative connotation about renting. They think of old apartments and appliances, poor design, coin laundry and bad landlords.

"Like all of our properties, we designed Deveraux Heights to make renting enjoyable. Our goal is to provide our residents quick and professional service, premium locations, contemporary interior design and reasonable prices."

Suites in Deveraux Heights will be a pleasure to live in, McDougald says.

"We took every detail into consideration."

The one-bedroom-plus-den and two-bedroom suites will have granite countertops, vinyl laminate-style flooring, ensuite laundry, central heating and air conditioning, and a four-piece, full-sized appliance package.

CONTRIBUTED

"Location is another key factor we consider," McDougald says.

Deveraux Heights is located a short walk from the Grasslands retail area for maximum convenience.

Deveraux Heights will be move-in ready May 15. Rent starts at just $1,125 per month.

For more information, please visit rethinkrental.com.

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For the freedom to choose the home and location that suits every need, homeowners turn to Prairie Country Homes.

"We want our buyers to feel sure of their home model and location without compromise," says Jaimey Midtdal, spokesperson for the Red Door Venture Group.

With Prairie Country Homes, buyers select their preferred style from a range of four diverse floor plans, and their choice of pre-approved neighborhoods. Prairie Country Homes give homebuyers their new beginning, Midtdal says, with four CSA-approved, pre-built and move-in ready models.

"The range of four homes is perfect for a variety of buyers, from those purchasing their very first home to more established buyers searching for room to grow," Midtdal says.

Buyers of other developments often have to wait for more than a year for their new home to be completed, Midtdal says, but buyers of Prairie Country Homes can move into pre-approved neighbourhoods throughout southern Saskatchewan with no delay.

"We wanted to do something different for our customers. We wanted customers to be able to get excited about their new home purchase — and then actually get to live there."

CONTRIBUTED

Prairie Country Homes' four practical floor plans range in size from 1,000 to 1,300 square feet.

Athabasca, Greenwater, Rowan and Cypress all feature two- or three-bedroom floor plans. With the largest area, Athabasca features a master bedroom with walk-in closet. Greenwater features three bedrooms, one bath and a large open kitchen with a walk-in pantry — perfect for families.

For individuals or couples thinking about starting a family, Rowan includes two bedrooms with one bath and a practical main-floor laundry.

For buyers looking for a simpler home, Cypress offers everything including three bedrooms and one bathroom, at a slightly smaller scale.

For more information, please visit PrairieCountryHomes.ca. Homes are available now and ready for buyers.

COST-EFFECTIVE HOME RENOVATIONS

A home can grow in value over the years, making it a lifetime investment as well as a living space. It's important to protect and enhance its appearance.

Homeowners don't have to be intimidated by the potential cost of renovations, either. For example, here are a few cost-effective ways to rejuvenate a home.

1 Kitchen. Stylish and upgraded kitchen cabinets will make your friends envy this most important room of your home. A simple paint job helps avoid that dated look in cabinets and drawers. Mixing up the colours can make a difference, too.

2 Paint the walls. To brighten up any room, a new coat of paint can be one of the most cost-effective ways. It also improves the look and value of the interior and exterior.

3 Lighting. Replace any damaged or dated light fixtures in your home. Simple and clean lighting will help improve a home's appearance.

SASKATCHEWAN OFFERS A BRIGHT REAL ESTATE FUTURE

Saskatchewan offers a growing market of potential opportunity for real estate developers and industry insiders, and the Red Door Venture Group is opening the doors to development.

"There is real estate potential as far as the eye can see in Saskatchewan," says company spokesperson Jaimey Midtdal. "And investors should be taking advantage of this potential growth."

The Saskatchewan-based real estate marketing company is building on the province's solid economic foundations to provide a variety of the best-valued homes, Midtdal says.

"We turn good ideas into profit for our customers, while giving them the tools they need."

The province's economic growth potential should be seen as a wealth of future opportunity for the real estate sector.

"People from across the country have chosen Saskatchewan as the place they want to live, work and grow," she says.

The vast amount of undeveloped land and the province's potential for development has opened up the real estate market for new and innovative opportunities, for developers and for buyers, Midtdal says.

"The province's solid economic foundation has allowed unprecedented growth in Saskatchewan, and the real estate market has followed suit," Midtdal says. "The amount of undeveloped land attracts real estate developers who see a bright future and burgeoning economy."

The Red Door Venture Group teams up with outstanding local developers to deliver high-quality developments across the province.

"The boom in immigration and increased job opportunities make Saskatchewan one of the best places in Canada to buy a home," Midtdal says.

SHUTTERSTOCK

"We're proud to be a part of the province's growth."

The Red Door Venture Group works with developers throughout their process, beginning at the land acquisition stage and continuing all the way through to the concept, design, and sales stages.

For more about Red Door Venture Group or to schedule a complimentary consultation, visit RedDoorVentureGroup.ca.

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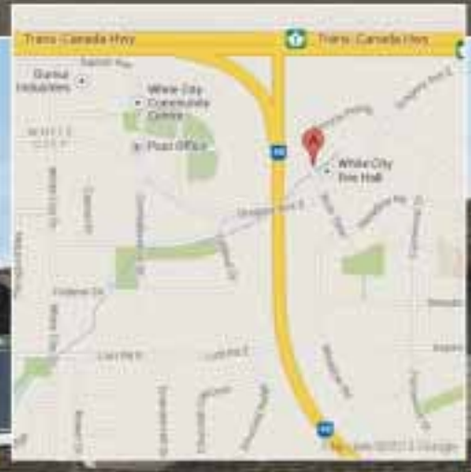

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Maxwell

Darian Durant re-signed with the Riders on Wednesday. JEFF GROSS/GETTY IMAGES

'A no-brainer': Durant signs on for more Regina

CFL. Newly re-signed quarterback calls Riders organization 'the best in the league'

Corey Chamblin knows who his starting quarterback will be for the next little while.

The Saskatchewan Roughriders signed veteran Darian Durant to a multi-year extension Wednesday after he led the club to its fourth Grey Cup title last year.

Knowing he has the 31-year-old Durant for the long-term — reportedly through the 2016 season — is a big relief for Chamblin, named the CFL's coach of the year following Saskatchewan's Grey Cup championship.

"In order to win championships you need to have a quarterback and to win multiple championships you have to have a quarterback who believes in the head coach and I think that's what we have," Chamblin said during a news conference announcing Durant's extension. "It's huge to have that security.

"That's the biggest security blanket, knowing who's going to be under centre for the next few years."

Durant, a five-foot-11, 214-pound native of Florence, S.C., had one year left on his previous deal. He's entering his ninth CFL season, all with Saskatchewan.

"A lot of guys don't get the opportunity to stay with one franchise their whole career," Durant said. "It was basically a no-brainer for me to stay a part of this organization.

"It's the best in the league."

And there's certainly continuity at the top as this off-season the Riders have re-signed Durant, Chamblin and general manager Brendan Taman to new extensions. Taman also added the title of vice-president of football operations to his job description.

THE CANADIAN PRESS

Dedicated Darian

"It wasn't about taking as much money as he can get, it was about keeping our team together and that tells you all about Darian."

Roughriders GM Brendan Taman

UFC

Laprise, Theodorou become newest TUF winners

Welterweight Chad (The Disciple) Laprise won a split decision over Olivier Aubin-Mercier on Wednesday to become the first Canadian winner of the UFC's Ultimate Fighter reality TV show.

The welterweight and middleweight finals of The Ultimate Fighter Nations, which pitted Canada against Australia, were all-Canadian affairs after the Aussies were eliminated earlier.

Toronto's Elias (The Spartan) Theodorou stopped Edmonton's Sheldon Westcott via second-round TKO in the middleweight final.

THE CANADIAN PRESS

Monte Carlo Masters

Raonic OK on clay

Canada's Milos Raonic opened his clay-court season with a second-round victory over Taiwan's Yen-Hsun Lu at the Monte Carlos Masters on Wednesday.

The No. 8 seed from Thornhill, Ont., rebounded nicely after dropping a first-set tiebreaker in the 6-7 (4), 6-2, 6-1 win.

Raonic, who had a first-round bye, fired 19 aces. THE CANADIAN PRESS

Scan this image with your Metro News app to see how some other stars did on Wednesday in Monaco. JULIAN FINNEY/GETTY IMAGES

Tanaka shows off his star power

'Devastating' split-finger. Japanese rookie warms up crisp N.Y.C. afternoon

Forget the cold, the Chicago Cubs faced a much more difficult challenge in Masahiro Tanaka.

The Cubs managed two bunt singles, one aided by replay, and struck out 10 times against the Japanese rookie in losing 3-0 in the opener of a split doubleheader Monday.

"His split-finger is devastating, a lot of bad swings on that and not good contact either, even when guys were putting it in play," Cubs pitcher Jason Hammel (2-1) said. "Hitters will tell you how good you are, and today he was pretty good."

The 25-year-old Tanaka (2-0), wearing three-quarter sleeves on a six-degree day that felt much colder because of a brisk wind, threw 107 pitches. Shawn Kelley allowed a single to Rizzo as he finished the three-hitter for his fourth save and Chicago's third straight loss.

THE ASSOCIATED PRESS

Next time maybe

The Cubs have yet to win in the Bronx.

- In the 1932 and 1938 World Series, the Yankees swept the Cubs. There was another sweep in 2005.

Masahiro Tanaka. THE ASSOCIATED PRESS

Career third

Cueto pitches shutout over Pirates

Cueto pitched his third career shutout against the team that beat him in the NL wild card game, and Joey Votto hit a two-run homer that led the Cincinnati Reds over the Pittsburgh Pirates 4-0 Wednesday for their first winning series this season.

Cueto (1-2) had his way with the lineup that beat him 6-2 at PNC Park in the playoffs. THE ASSOCIATED PRESS

Baltimore vs. Rays

Gonzalez, Markakis take Orioles over .500

Miguel Gonzalez and two relievers combined on a six-hitter, and the Orioles capitalized on two infield singles by Adam Jones in a 3-0 victory Wednesday.

Nick Markakis also had two hits for the Orioles. Baltimore has won five of seven to reach .500 (7-7) for the first time since the second game of the season.

THE ASSOCIATED PRESS

Bale leaves Barça hanging

Gareth Bale celebrates his late gallop and goal that sealed Real Madrid its 19th Copa del Rey title on Wednesday in a thrilling 2-1 win over Barcelona at Estadio Mestalla in Valencia, Spain.

DENYS DOYLE/GETTY IMAGES

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Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any FPA/GPL or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CUP). ^ Until April 30, 2013, lease a new 2014 F-150 Super Crew XLT 4x4 and get 1.49% APR for up to 24 months on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease the above with a value of $31,808 at 1.49% APR for up to 24 months with $1,950 down or equivalent trade-in, monthly payment is $299, total lease obligation is $14,176, optional buyout is $22,362.99. Cost of leasing is $1,630.99 at 1.49% APR. Taxes payable on full amount of lease financing price after Total Price adjustment (of $7,750 in manufacturer rebates, $750 accessory cash alternative, and $1,100 in Ford credit cash) has been deducted. Offers include freight and air tax $1,800, license, fuel fill charge, insurance, dealer PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. Additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions apply. A charge of 15 cents per km over mileage restrictions applies, plus applicable taxes. ^^ Estimated fuel consumption ratings for the 2014 (F-150 4X4 5.0L 6R-S (speed Auto). Fuel consumption will vary based on road conditions, vehicle loading and driving habits. † F-Series is the best-selling pickup truck in Canada for 48 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales reports, up to December 2013. ‡ Offer valid from March 1, 2014 to April 30, 2014 (the "Program Period"). Receive CAD$1,000 towards select Ford Custom truck accessories, excluding factory-installed accessories/options ("Accessory/ies"), with the purchase or lease of a new 2013/2014 Ford F-150 (excluding Raptor) or Super Duty (excluding Chassis Cabs) (each an "Eligible Vehicle") delivered or factory-ordered during the Program Period (the "Offer"). Offer is subject to vehicle and Accessory availability. Offer is not redeemable for cash and cannot be applied towards eligible Accessories. Any unused portions of the Offer are forfeited. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. ** Offer only valid from March 27, 2014 to April 30, 2014 (the "Program Period") to Canadian resident customers who own or are currently leasing (during the Program Period) a Ford or Lincoln Pickup Truck (F150, F250-450, Ranger, Lincoln Mark LT, Lincoln Blackwood) (each a "Qualifying Loyalty Model"), or any competitive pickup truck with a pickup bed (each a "Qualifying Conquest Model") and purchase, lease, or factory order (during the Program Period) a new 2013/2014 F-150 (excluding Raptor, XL 4x2 Value Leader, and 2014 F-150 SUPERCREW XLT 4X4 package 300A) (each an "Eligible Vehicle"). Qualifying customers will receive CAD$1,000 (the "Incentive") towards the purchase or lease of the Eligible Vehicle, which must be delivered and/or factory-ordered from your participating Ford dealer during the Program Period. Limit one (1) Incentive per Eligible Vehicle sale, up to a maximum of two (2) separate Eligible Vehicle sales, per Qualifying Conquest/Loyalty Model. Each customer will be required to provide proof of ownership/registration and insurance of the applicable Qualifying Conquest/Loyalty Model for the previous 3 months and the ownership/registration address must match the address on the new Buyer's Agreement or Lease Agreement for the Eligible Vehicle sale. Taxes payable before Incentive is deducted. †† Offer valid from April 1, 2014 to April 30, 2014 (the "Offer Period") to Canadian residents who purchase/finance or lease (during the Program Period) a new 2014 F-150 SuperCrew XLT 4x4 (300A) (the "Eligible Vehicle") and finance through Ford Credit Canada Limited will receive CAD$1,100 (the "Offer"). The Eligible Vehicle must be delivered and/or factory-ordered from your participating Ford dealer during the Program Period. Limit one (1) Offer per each Eligible Vehicle purchase or lease. Taxes payable before Offer amount is deducted. Not combinable with BFT Loyalty/Conquest offer. ©2014 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.

Horoscopes

♈ Aries
March 21 - April 20
Something you said or did in the past may return to upset your plans today but there is nothing you can do about it so just go with the flow.

♉ Taurus
April 21 - May 21
You may like to give the impression that you are immune to criticism but it's not true and what someone says today will hurt you. Could it hurts because you know there might be truth in it?

♊ Gemini
May 22 - June 21
You have no time for people who think and act slowly but the planets warn you need to be a bit more lenient and forgiving today. Not everyone can operate at your level.

♋ Cancer
June 22 - July 23
It may be tempting to start something new today but you know you should be biding your time and conserving your energy. Once the Sun moves in your favour again on the 20th, you will know for certain what you should be doing.

♌ Leo
July 24 - Aug. 23
Someone in a position of authority is watching you and if they like what they see, you could be in for a promotion when the Sun moves into the career area of your chart during the weekend.

♍ Virgo
Aug. 24 - Sept. 23
If you promised to do something for a friend and you've had a change of heart, too bad! If you let even one person down today your rep for trustworthiness will head south.

♎ Libra
Sept. 24 - Oct. 23
It may be time to let people know that they can have no say in your future. Far too many friends and relatives seem to be telling you what you should do but each of them is wrong.

♏ Scorpio
Oct. 24 - Nov. 22
There is a battle of wills going on at the moment, either in your career or your social circle, and it's a battle you cannot afford to lose.

♐ Sagittarius
Nov. 23 - Dec. 21
If you own up to some sort of transgression today, it may surprise you how little others seem to care about it. Either it's not such a big deal after all or their own sins are many times worse. For you, it's a win.

♑ Capricorn
Dec. 22 - Jan. 20
It would appear that someone you work with has made a mistake and would like nothing better than to blame you for it. Don't let that happen! They're not the only ones who can point fingers.

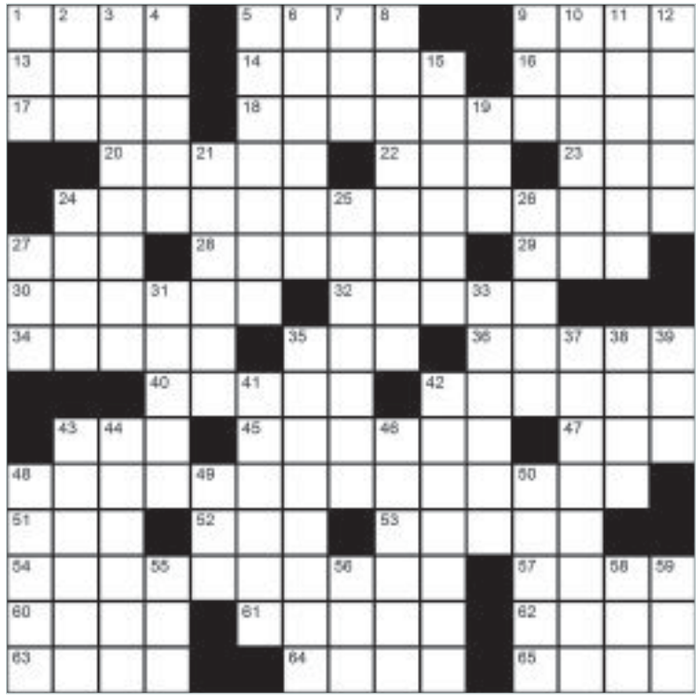
♒ Aquarius
Jan. 21 - Feb. 19
You seem reluctant to take chances at the moment and according to the planets you are right to hold back. A lot will change over the next four days, so wait a bit before making your next big move.

♓ Pisces
Feb. 20 - March 20
Try not to commit yourself to anything new over the next 24 hours. A range of possibilities will open up for you between now and the start of next week, so don't get snowed under by even more responsibilities. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

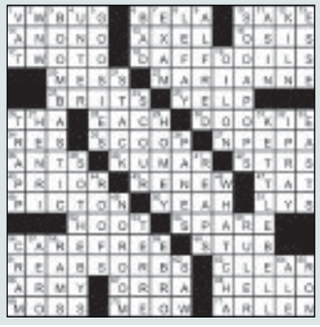
BY KELLY ANN BUCHANAN



Across
1. __ and terminer
5. Scatters seeds
9. Salon service
13. Buddy Holly hit: "__ On"
14. Creates a cardigan
16. Baseball's Mr. Boggs
17. Old UK airline in a Beatles tune
18. Space studier
20. "The ___ heard was..."
22. Stun
23. Perhaps
24. Canadian comedy series for Rocko, Cuddles, Bill and Buttons the Bear: 3 wds.
27. Farm field
28. Singer Ms. Franklin
29. Ques. partner
30. Records
32. Wretched
34. Awkward
35. Rent
36. Fast
40. South Pacific tourist destination
42. Beachwear style
43. Italian pronoun
45. Turkey's capital
47. Stock place, e.g.
48. Saskatchewan's rugged Western-movie-esque region near the American border: 3 wds.
51. __ Arbor, Michigan
52. My own, in Latin
53. Iron: German
54. Members of Cape Breton choir The Men of the Deeps: 2 wds.
57. Mythical Hun king
60. Prefix to 'phony' (Harsh noise)
61. Bug
62. French pronoun
63. Freshly
64. Quebec City 'streets'
65. 'Photosynth' suffix

Down
1. Royal symbol
2. Former-NBAer, __ Ming
3. Assess
4. Post-game analysis
5. Kurt Browning's colleagues
6. At the actual place
7. Stand-up's forte
8. Scarecrow's outfit part: 2 wds.
9. __-faced
10. Home design/ Athens
24. Actor Mr. Badgley
25. Like not-cleaned-very-well windows
26. Inuit craft
27. Hilo adornment
31. __ salts
33. Judicial happenings
35. Denizen of Ontario's 'Forest City'
37. Stuffed-into-olives items
38. Like stamp pads
39. Morse Code tap
41. Became successful: 2 wds.
42. Sears-then-simmers in cooking
43. Ancient Greece: Denizen of the island of the Labyrinth
44. Northwestern Ontario town
46. Disinclined
48. Berry
49. Un-sure sounding sound
50. Go away
55. Down
56. Montreal 'water'
58. Him: French
59. Chris Hadfield's post in 2013, for short
build expert on "The Marilyn Denis Show", Mr. Khachi
11. Nonesuches
12. Ms. Streep
15. "Hey, I could care less.": 2 wds.
19. Retro's opposite
21. Enemy of ancient

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	3	5	6	1	2	9	8	7
9	1	2	5	8	7	6	4	3
7	8	6	3	4	9	1	2	5
6	4	1	7	3	8	5	9	2
2	5	3	9	6	4	7	1	8
8	9	7	2	5	1	4	3	6
3	7	4	1	2	6	8	5	9
5	6	8	4	9	3	2	7	1
1	2	9	8	7	5	3	6	4

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Friday 5°/-2° Rain and snow 80%
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MARKET VALUE $18,998* | SALE PRICE $17,995* | PAYMENT $129* B/W

#287254RP

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MARKET VALUE $31,995* | SALE PRICE $28,995* | PAYMENT $189* B/W

#665067T

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MARKET VALUE $13,998* | SALE PRICE $8,995* | PAYMENT $96* B/W

#A01140P

4X4, HEAVY DUTY SHOCKS, AIR, CRUISE, TILT, POWER WINDOWS & LOCKS, 17" RIMS, LOW KMS

2010 FORD F-150 XLT S/CREW

MARKET VALUE $27,998* | SALE PRICE $22,495* | PAYMENT $189* B/W

#KB42261T

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2011 FORD ESCAPE XLT AWD

MARKET VALUE $17,998* | SALE PRICE $13,995* | PAYMENT $115* B/W

#185845P

2006 CADILLAC CTS

MARKET VALUE $17,998* | SALE PRICE $16,995* | PAYMENT $155* B/W

#219687T

3.7L 6CYL, MANUAL, SPOILER AND STRIPE, DUAL EXHAUST, UPGRADED STEREO

2012 FORD MUSTANG V6 COUPE

MARKET VALUE $28,995* | SALE PRICE $24,995* | PAYMENT $179* B/W

#330309T

AUTOMATIC, AIR, CRUISE, TILT, LOW KMS, WONDERFUL FUEL ECONOMY!

2009 TOYOTA YARIS

MARKET VALUE $14,995* | SALE PRICE $13,495* | PAYMENT $119* B/W

#W091618T

2011 TOYOTA RAV4

MARKET VALUE $19,998* | SALE PRICE $17,995* | PAYMENT $149* B/W

#111339T

AUTO, TAPE STRIPE, 17" PREMIUM RIMS, PREMIUM AUDIO SYSTEM, FULL POWER GROUP

2009 FORD MUSTANG V6 COUPE

MARKET VALUE $20,998* | SALE PRICE $18,995* | PAYMENT $199* B/W

#R267728P

AUTO, POWER GROUP, SPORTY LOOK, GREAT GAS MILEAGE, ONLY 26,000 KMS

2012 DODGE CARAVAN SXT

MARKET VALUE $20,998* | SALE PRICE $18,995* | PAYMENT $149* B/W

#L08219P

LUXURY VEHICLE, HTD & COOLED FRONT LEATHER SEATS, REVERSE CAMERA, NAV, PANORAMIC ROOF

2013 LINCOLN MKX LTD AWD

MARKET VALUE $45,998* | SALE PRICE $42,995* | PAYMENT $310* B/W

#C51226RP

3.5L 6CYL, AUTO, HTD LEATHER SEATS, SPOILER, STEERING WHEEL MOUNTED CONTROLS

2013 FORD EDGE LTD AWD

MARKET VALUE $39,998* | SALE PRICE $38,995* | PAYMENT $279* B/W

#B11550T

6.7L 8CYL, HTD & COOLED LEATHER SEATS, HEAVY DUTY SHOCKS, TRAILER TOW PACKAGE

2012 FORD F-350 LARIAT

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